

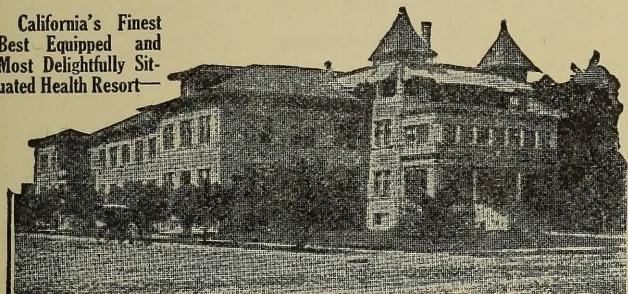
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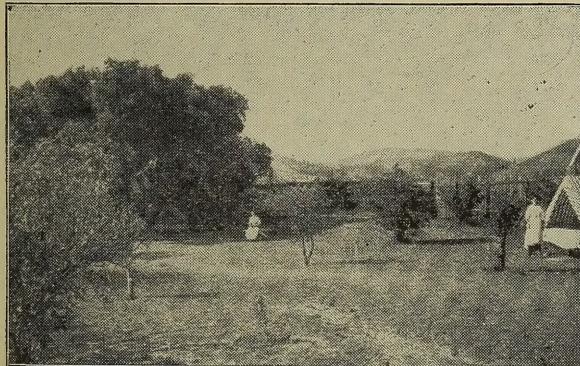


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3. The germ theory is a superstition. Germs are not the cause but an effect of disease, just as maggots are not the cause of rotting meat. Many germs are not only harmless, but are beneficial and necessary. At any time you may find in the throats of many people who will never get those diseases, the germs of diphtheria, cholera, tuberculosis, and other so-called "infectious" diseases.

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6. There are rational means of aiding nature to purify the system and restore health. Among these are diet, fasting, active and passive exercise, hydrotherapy, the adjustment of the spine, (osteopathy, chiropractic, etc.), deep breathing of fresh air, sun and air baths, rest, sleep and mental suggestion.

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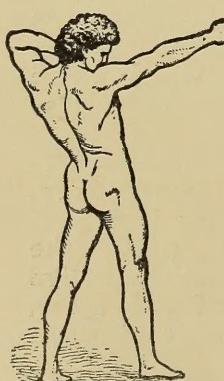
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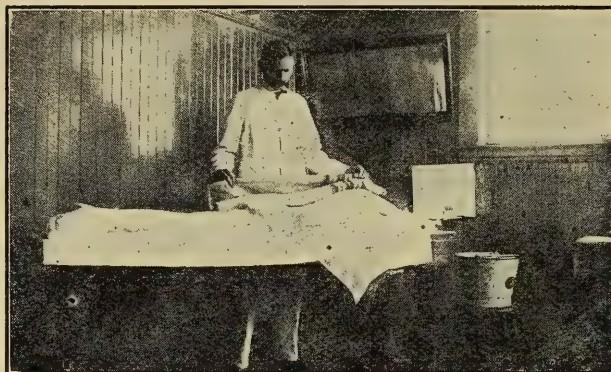
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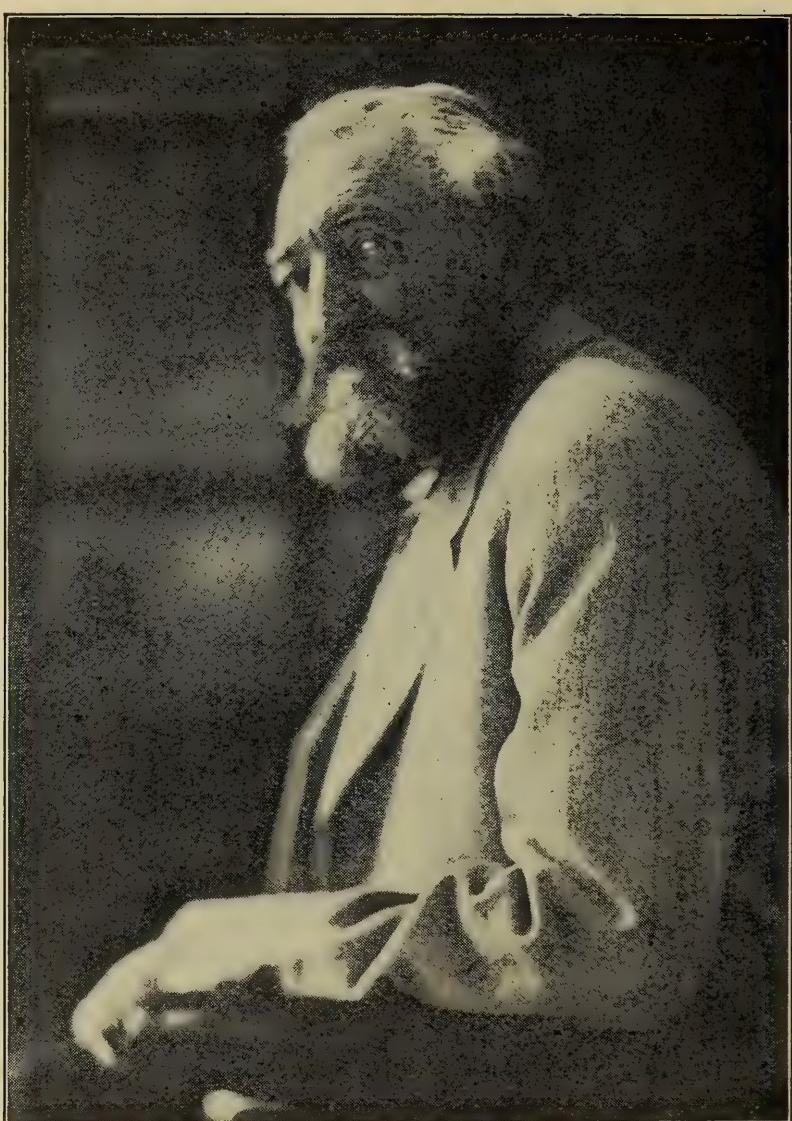
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Vol. II

LOS ANGELES, JUNE, 1913

No. 1

Civilization and Degeneracy

Ill fares the land, to hastening ills a prey,
Where wealth accumulates and men decay.—Goldsmith.

IN April there was a "modified marathon" race of ten miles in Los Angeles. About forty competed. The seven who arrived first at the goal were Indian boys from the Sherman School, Riverside. They had not trained—in fact, had no facilities or time for training, and being unable to pay their fare, they rode all night before the race in an automobile truck. Among their white opponents were noted athletes, trained to the minute. Yet the first Indian arrived about a mile ahead of the first white man. A couple of weeks later an Indian won the annual race of eight miles up Mount Wilson, near Los Angeles. It will also be remembered how last year an American-Indian halfbreed astonished the athletic world at Stockholm.

Such occurrences should give pause to those who think and lead them to consider what "civilization" is doing for us—or to us.

For those who are inclined to belittle "poor Lo"—who needs little pity from us slaves of civilization—I recommend a perusal of that interesting book "What the White Race May Learn from the Indian" by G. Wharton James of Los Angeles, in which it is shown that, in several respects, the Indian excels the white man, not only physically, but also mentally and morally. If he had been as well armed as those who stole his lands, he would not have had to face the fate of the buffalo, and American history would have been different.

A Japanese statesman has sarcastically remarked that while Japan, centuries ago, published books, had artists, painters, sculptors, and philosophers, it was not until they acquired battleships, torpedoes and cannon that Occidentals said to them, "you have won your rank; you have civilized yourselves. You are now a civilized nation." Four thousand years ago, in the island of Crete, there was much more appreciation of art than there is in America today.

Civilization makes us slave for unnecessary luxuries—or makes others slave for us. Civilization has given us electric cars, and automobiles, and moving picture shows, and cement sidewalks, and sweaty steel mills, and gloomy mines, and child labor, and "white slavery," and "race suicide," and insanity, and crime, and smaller physical stature, and lower standard of morals, and paresis and neurasthenia, and cancer, and serum poisoning, and the emasculation of the human body by surgeons, and sexual excesses unknown to "savages," and other things "too numerous to mention," as the showman says. It does not give, but rather tends to take away physical, mental and moral stamina. It leads to degeneracy. Were it not for constant renewal from the land our cities would die out. To the Indian, civilization brings

clothing, houses, consumption, bibles, hypocrisy, whisky and syphilis. The discoverer of the blond Esquimaux begged that missionaries be kept from them, because he knew that civilization, with its evils, would follow or accompany the missionaries.

Read what Thoreau says on plain living and high thinking in his delightful book "Walden," a book that to the weary and worried city man is as an oasis to the parched traveler on the desert:

Most of the luxuries, and many of the so-called comforts of life, are not only not indispensable, but positive hindrances to the elevation of mankind. With respect to luxuries and comforts, the wisest have ever lived a more simple and meagre life than the poor. The ancient philosophers, Chinese, Hindoo, Persian, and Greek, were a class than which none has been poorer in outward riches, none so rich in inward. We know not much about them. It is remarkable that we know so much of them as we do. The same is true of the more modern reformers and benefactors of their race. None can be an impartial and wise observer of human life but from the vantage ground of what we should call voluntary poverty.

Again, read the following by the late Dr. Latson, in another most excellent book, "The Enlightened Life:"

The simplified life is the wholesome life, the clean and peaceful life, the only dignified life, and the complicated life is the life that leads to the early death of the individual soul and of the race soul.

The Greeks, who ate one simple meal a day, became the greatest nation the world has yet known. The Romans, a band of robbers, sleeping on the ground and eating one simple meal a day, swept debauched and degenerate Greece off the map. But by and by the Romans began to eat meals lasting three or four days. They had become "civilized," you see. And then the simple-living Goths and Vandals came down upon them—and Rome died.

Another example is that of the early American settlers at Plymouth, Jamestown and New York. They lived simply because they had to. And they gave to the world a people which, a century ago, was one of the strongest and finest the world had seen. But we have become complex. The simple life of our ancestors we know no more. And the outcome—but that's another story. Read the newspapers.

"God made the country and man made the town," wrote Cowper. Or, as another writer quaintly puts it: "God the first garden made and the first city Cain." Man has made a poor job of it. In fact, about all man has done, since his simian ancestors emerged from the forest, is to mar the face of nature, substituting grey skyscrapers for green hills, bare telegraph poles for leafy trees, and asphalt pavements for asphodel meadows. Once in a generation or so Man has had an inspiration, as in the Lion of Lucerne—impressive and grand because so much is left to nature—the Sphinx of Egypt, and the Tomb of the Invalides. Such simple works of art serve only to accentuate the mere-tricious monstrosities with which Man has disfigured the face of the earth, calling his eyesores evidences of Progress.

New York needs missionaries more than "Darkest Africa." Yet our large cities are regarded as the perfected flowers of civilization. Of those cities Chicago is the most representative. There are other things besides the "Jungle" of which Chicago is proud. Here is a picture of conditions on the West Side as given by Municipal Judge Mahony—who, by the way, declared that with twenty honest policemen he could clean up the district in a few days:

If the decent people of Chicago knew the facts they would want the whole district burned down. So great and rich have we grown, yet we wallow in filth, drunkenness, blackguardism and crime. These conditions exist

because some powerful person or persons want them to exist. Murders continually happen on the West Side without Chicago being any the wiser. Banks and business men have laughed at me for suggesting that the evils could be removed. When I went to the Desplaines Court—the heart of the West Side, I found the police appearing as champions of the lawless. "They will pick you off some day," said a policeman to me. "They have picked off other men."

Jack rollers go right into the new Northwestern Station and pull out victims waiting for trains. "Get him right and get him quick, or some one else will get you," is the motto of Chicago's West Side.

As an editorial writer in the Los Angeles Tribune pertinently remarks:

The United States is suffering from the primary stage of urbanism, a disease that destroyed previous civilizations. It is building up monster cities that it is not able to feed. The simile is not overdrawn to call them cancers sapping the strength out of the blood supply. That back-to-the-land movement had better begin in earnest, if it is to check the reverse tendency.

Let those of us who love our fellows, and are not selfishly interested in present conditions, encourage men to get out and own a piece of God's green earth, under God's blue sky, and to leave the cancer spots of civilization, with their noise, and smoke, and sordid vice, and heartless struggle for bare existence in fetid sweat-shops and nerve-wrecking factories. As to those of us who cannot—or think we cannot—get away, but must still remain prisoners, let us at least, as far as possible, lead more simple, natural lives, so that our lives may be longer and happier, and that we may feel in mood to make those around us happy.

Get Out of the Rut

THE surest way to bring on premature old age is to get into a rut. On the other hand, the surest way to avert old age is to get out of the rut.

If you desire to keep young, do not make your habits hard and fast, or your arteries will likewise become so. Govern your habits; do not let them rule you. Just to show them that they do not, order them to break ranks from time to time.

Take occasionally a different route to your office. Walk when you usually ride, and vice versa. Change your style of dress from time to time. Change your food. Change the position of the furniture and decorations in your house or lodging. "Sin" a little occasionally—or if you happen to be of the ungodly kind, attend once in a while a sacred concert, or read a chapter of the Bible. Take a little stimulant when you are downcast, if you are unaccustomed to it, or cut it out for a few days if you are one of the regular consumers. Surprise your wife now and then with a touch of honeymoon behavior. Only, be sure she does not think you are joshing her, and slap your face.

There are many other changes you may think of to help stall off the old fellow with the scythe and the long gray beard. Variety is life, monotony is death.

"White Slavery"

THE phrase "white slavery," so freely used now-a-days, is to a great extent misleading. Most of these girls and women are not slaves—some of them are not white. Many of them take up the trade deliberately, although most of them are forced into it by circumstances. The real slavery, where girls are seduced by system, deprived of their clothing, kept prisoners in bagnios, and beaten when they do not earn enough, we scarcely know as yet in Los Angeles, but it will come, be sure, as we grow big enough to warrant such an accompaniment of "civilization," for as I said last month, the only difference between vice in Los Angeles and in New York or Chicago is that we have less people and more hypocrisy. The president of the Los Angeles Florence Crittenden home recently said:

Little girls 15, 16 and 17 years of age come to us constantly and we have no place for them. We sometimes refer them to the Florence Crittenton homes at San Francisco and San Jose, but the girls have no funds to go elsewhere and those cities have their hands full with their own problems. Nothing is left excepting the County Hospital, and the girls may not go there until the last minute. Even then the hospital is so crowded that they may remain only two weeks. Too often the result is that they give their babies away and are so hardened by the pain of their experience and the indifference of society to their condition that they do not try to gain a fresh foothold and are lost.

The California Anti-Slavery Society was recently organized in San Francisco, to fight white slavery. It proposes to secure the enforcement of laws on the subject. This is good, as far as it goes, but it does not go far.

Rabbi Coffee of Pittsburgh says that only two per cent of rescued girls reform permanently, except by marriage, when they usually make virtuous wives. A good idea is that outlined in the following dispatch from Oakland, Cal.

A house, surrounded by three acres planted to fruits and vegetables and located near this city, has been secured by a number of local women's organizations as a home for women of the segregated districts from anywhere in California. The home will be opened to any desiring employment and protection. They will be taught farming, poultry and pigeon raising, office work, sewing and millinery. Extensive poultry and pigeon houses will be established at the home. Among the local organizations represented as founders of the home are the Y.M.C.A., Y.W.C.T.U., the Child's Welfare League, the Women's Labor Organization, the civic centers and a number of mothers' clubs.

A sufficiency of establishments of this kind would measurably solve the difficult problem of what to do with those women of the "half world," who wish to change their mode of life. We should not, however, wait until women have stumbled. Pleasant and wholesome occupation and entertainment would save many men from drunkenness and many women from the brothel.

After all is said, we are finally forced to the conclusion that the prevention of prostitution must begin in the home—with fond, foolish, misguided mothers, who thoughtlessly "contribute to the delinquency" of the daughters they love. Of this phase of the subject I shall say something next month.

Collapse of the Friedmann "Cure"

JN January last I wrote an article on "Commercializing Consumption," referring to the Friedmann turtle serum, at the time a novelty from Berlin. Since then Friedmann has sold his interest in the "wonderful remedy" for \$125,000 cash, and nearly two million dollars' worth of stock in a company capitalized for five million dollars, that proposes to establish 36 branches all over the United States.

As long ago as the last week in February, Dr. Rea Smith wrote a letter from Berlin to a Los Angeles friend, published in the Southern California Practitioner, in which he said that "ethical" physicians in the German capital all classed Friedmann as a faker, and his "cure" absolutely worthless. Dr. Smith also reported attending the autopsy of a man who died after treatment by Friedmann. In his body were found new tubercles, showing that the injection is virulent. Yet Friedmann confessed to having inoculated with this virulent poison, 350 new-born babies in Berlin, and suggested that this course should be followed with all new born infants, as a preventive. The fellow deserves to be shot as one would shoot a dangerous wild animal. It would be interesting, yet sad, to learn the fate of these unfortunate children. But then medical "researches" are making similar dangerous experiments on human beings all the time.

Yet, long after this, American papers were devoting columns of fulsome praise to the "wonderful cure." As Dr. Bier, the celebrated Berlin physician recently said: "It is surely pitiful that an insufficiently tried remedy is lauded so highly as such a wonderful discovery in the foreign daily press." A month ago, while the newspapers were filled with these misleading stories, Friedmann's patients in New York were already failing.

Since Friedmann has gone into business "on his own hook," the doctors are denouncing his treatment as a fake. It is no more a fake than were those of Koch, Ehrlich, Brown-Sequard, and others, although those men were perhaps more sincere, and less mercenary.

I take little interest in this foreordained failure of Friedmann's "cure." It is only an incident, although one that will bring disappointment, suffering and premature death to many. Hundreds of unfortunates have mortgaged their homes to meet the cost of this worthless and dangerous operation. The main thing is that these serum treatments are all worthless and dangerous. They are all based on a theory that has no foundation, because germs are not the cause, but merely incidental to disease. An increasing number of eminent medical men agree with me in this opinion.

It is time that the law should be invoked to forbid this continued poisoning of the blood of the people, one result of which has been that cancer has doubled in frequency within a generation. When treated by natural methods, consumption in its earlier stages is perhaps the most curable of all chronic diseases—that is, before it has been complicated and made more severe by drugging, stuffing, and the injection of animal filth into the blood.

Orientals in California

THE negro question led to a long, bitter and bloody war between the North and the South. If we do not exercise patience and calmness and good judgment on both sides, the Oriental question is likely to lead to serious trouble between the West and the East. The East does not understand the West, any more than the North understood—or understands—the South. It is not their ox that is gored.

Thirty-three years ago, when I was editing the *Wasp* in San Francisco, Dennis Kearney, the Irish blatherskite, was making the buildings around the sand lots resound with tiresome repetitions of his parrot-like cry, "The Chinese must go." Kearney went to New York in a tourist car, and a few weeks later returned riding in a Pullman. However, his eruption led to the Chinese exclusion act.

During the past two months there has been much excitement in California over anti-Japanese legislation, designed to prevent the Japanese from owning land. Of the 55,000 Japanese in California, about 20,000 are migratory farm laborers. Such labor is not good for a country, whether it is oriental or occidental. Farmers should see that desirable Caucasian laborers are encouraged to become small land owners, when they and their families could help in harvesting the crops. That would be better for the laborers, better for the employers, and better for the community at large. Some farmers who depend on Japs are sorry they did not think of this.

The Japanese are patriotic and proud, and naturally object to being singled out for legislation as undesirable aliens. They are also exceedingly shrewd. Many of those in this country are quietly taking notes for their government. They need watching more closely than do the Chinese, whose honesty is proverbial. Their ideas of sexual morality are different from ours. They are great imitators. In Los Angeles, besides spreading over the city as retail dealers, they have their own quarter, with stores of every kind, restaurants, lodging houses, picture shows, and banks, importing much of what they consume from Japan. There are 8000 here, mostly males.

A new phase of the Oriental problem loomed up recently, when Judge Rudkin, of the U. S. District Court of Spokane, Washington, decided that a "high class" Hindoo is a "free white person" in the eyes of the law, and is entitled to become an American citizen. The Hindoos belong to the Aryan race, from which we Caucasians are descended, as anyone may see who notes their handsome, clear-cut, classical features. They are subjects of Great Britain. They have been drifting to the Pacific Coast slowly during the past few years, finding employment in railroad construction, for which their slight physique makes them less valuable than Chinese or Japanese, or Mexicans.

California can tolerate and utilize, if it cannot assimilate, a reasonable number of these orientals, but we must remember that facing us on the other side of the Pacific are 450,000,000 Chinese, 250,000,000 Hindoos and Moslems, and 55,000,000 Japanese—about half the population of the earth—crowded together like ants, struggling for a living, and able to exist on a few cents a day. So long as present restrictions on the immigration of these people are enforced, we have little to fear.

It may be that the recent anti-Japanese land owning legislation was premature and uncalled for. It may even be that there was some politics at the bottom of it. We must, however, not forget that it is we, facing the Orient, who are directly affected. Therefore, it is absurd to claim that we should have no more to say on the subject than the rest of the people of this country. Our eastern brethren must learn to look at this question from a less selfish point of view. They must put themselves in our place, or, as I have said, there is danger of real trouble in the not distant future. For be sure that we Californians are not going to give up, without a struggle, our adopted State, the grandest in the Union, to Chinese, and Japanese, and Hindoos, and Mexicans, to satisfy the greed of California land owners, who know what they want, or the theories of Washington politicians, who do not understand local conditions.

Horrible Mockery

JT being announced recently that a wealthy woman had left a million dollars for "medical research" the audience sang "Praise God from Whom All Blessings Flow." What horrible mockery! Thanking God for the power to inflict further excruciating tortures—some of them more agonizing than could be conceived of in the mind of any normal man—on hundreds of thousands of dogs, man's faithful and trusting friend, and other innocent animals. All for what? For the benefit of the human race? Not so. An increasing number of eminent medical men agree with me that vivisection is not only unspeakably cruel to the animals experimented upon, but useless, or even harmful, to those whom it pretends to benefit, because, first, animals—especially when under torture—react quite differently from human beings, and secondly, because most of these experiments are based on the false and misleading germ theory of disease.

If the people understood the facts about vivisection they would arise in their wrath and demand the abolition of the horrid practice, but they are misled by lying statements about "a few guinea pigs" and "the lives of helpless children at stake," while those who refuse to indorse this useless cruelty are denounced as "sickly sentimentalists." Rather should the perpetrators of these outrages be called fiendish degenerates.

Here, in Los Angeles, there is an Anti-Vaccination Society. It is scarcely able to pay for its stationery and postage. The apostle wrote: "Faith without works is dead." So is sympathy. Dead Sea fruit.

"The frequent repetition of any facial expression causes permanent alterations in the expression, and these correspond with, and suggest to the beholder, the emotional state that has predominated; so that the man who is always laughing comes to look 'a jolly man,' the thinker a thoughtful man, and the woman who worries begins to wear a worried look that persists."—Darwin.

A Bloody Farce

J recently called on my friend Auchmuty Richardson, who is spending the eve of an active life in a beautiful home on a hill overlooking the Pacific, at Ocean Park. He lent me a copy of the "Memoirs" of De Blowitz, the celebrated Paris correspondent of the London Times. Richardson and I were both interested spectators of the troublous events referred to in this volume, but he was something more than a spectator, having been one of the besieged residents in Paris, during the Franco-German war, when the inhabitants ate up the zoological gardens, before they began to hunt rats in the sewers.

In this book De Blowitz discloses a chapter of secret diplomatic history regarding the war scare of 1875, and the method by which that threatening war was averted. He shows that the great German general Moltke, alarmed at the rapidity with which France had recovered from the crushing blow of 1871, urged upon the Emperor an immediate invasion of France, the investment of Paris, and the imposition of a war indemnity of five billion dollars, garrisons to be kept in the principal towns of France until the whole sum should be paid, payments to be made in twenty annual sums, without any provisions allowing payment in advance, with annual interest at five per cent. Moltke urged the necessity of such an immediate war "from every point of view, military, political, philosophic, and even Christian."

Fortunately, Bismarck, who had not been consulted, saw the consequences to Germany of such a dastardly assault upon a recently fallen, and still bleeding foe, and managed to nip the scheme in the bud, by allowing the news to leak out through the French Ambassador at Berlin, from whom, by indirect channels, it reached De Blowitz. He at once wrote an article for the Times, an article that not only averted the war, but caused a world sensation.

Fancy attempting to excuse such an unholy act on the ground of "Christianity." Yet there is nothing unusual about this. Nearly all the wars waged during the past two thousand years have had the blessing of God invoked upon them by each side, while holy men of various religious sects have accompanied the armies to urge them to maim and slay more of their fellows, in the name of God and Country.

At present we see members of this Christian nation, for base and selfish reasons, furnishing money to keep alive a bloody revolution in Mexico, and trying to stir up strife between this country and Japan, while members of other Christian nations are endeavoring to fan revolutions in the republics of Portugal and China, and yet others are subsidizing French newspapers to endeavor to bring about a war between that country and Germany, in order that German gun makers may earn more millions of dollars.

What a bloody farce!

Medical Marriage Certificates

AMONG the few medical bills passed by the recent State Legislature was one providing for medical examination of male candidates for matrimony for two diseases, syphilis and gonorrhoea. Had the people been aware of this vicious measure, a loud protest would have gone up from Siskiyou to San Diego. It is useless for protective purposes, and opens a wide field for blackmail and graft. It is Assembly Bill No. 1126, introduced by Mr. Nelson "by request." It is easy to conjecture the source from which this request came. The bill provides for a salaried "division of marriage and child welfare" in the Bureau of Vital Statistics, and for the examination of all male candidates for marriage by a physician, to be appointed by the board of supervisors of each county, without whose certificate no marriage license may be granted, unless—note this—the applicant secures a "special order" from the director of the division of marriage and child welfare. That, I suppose, would be something like the special English marriage license, which those who have the price can get from the bishop. The bill provides a penalty of \$25 to \$500, or imprisonment for not exceeding 90 days, or both fine and imprisonment.

Such examinations have no protective value, because the doctors cannot say when a venereal disease is latent in the blood. For detection of syphilis they rely mainly upon the Wassermann test. These tests are made at laboratories making a business of such work. One can scarcely pick up a medical journal without finding complaints by physicians of the unreliability and inaccuracy of such analyses. For instance, in the California State Journal of Medicine for May, a writer refers to a doctor who guaranteed that after a definite length of time he could absolutely furnish his patients with a negative report and to another doctor who several times received from laboratories absolutely opposite reports on the same blood. On such basis the medical fraternity is to say who is or is not fit to marry.

Again, venereal disease is not cured by drugging and serum injection. It is simply driven from the surface into the blood. Forty years ago, while I was at a nature cure resort in Switzerland, a man came to be treated for dyspepsia. After a couple of weeks' hydropathic treatment he developed a full-blown case of gonorrhoea. He was astounded, because he had almost forgotten that he had ever been infected, and had been told six years before by the doctors that he was cured. After this natural treatment he really was cured.

The provisions of the bill are confined to a "male contracting party." Yet, females have been known to be affected by venereal diseases—even females about to be married. Indeed, no man, by himself, ever contracted a venereal disease. As women are omitted, nothing is said of leucorrhoea, one of the most easily communicable sexual ailments.

This bill is altogether bad. It is another move on part of the political doctors of the "regular" school to increase their power over the bodies of the people, and secure profitable jobs for their waning profession. As soon as I heard that this bill had passed, I wrote to Governor Johnson urging him to veto it, or withhold his signature. California readers of this should do the same.

Care of the Feet

THE importance of the care of the feet is little recognized. The U. S. War Department recently sent an ex-sergeant on a tramp from the Atlantic to the Pacific and back, to test the wearing qualities of army shoes.

Not one civilized man or woman in a hundred has normal feet. Our shoes cramp and deform the toes. The present fashion of men's footwear, while hideously ugly, is more hygienic than others that have preceded it. A shoe need not, however, be hideous, because it is hygienic. Leather is about the worst material that could be used on the feet, for it is hot in summer and cold in winter. I have a pair of shoes of knitted twine, made in Germany. They are most comfortable; still the soles are of leather. You can buy shoes with cloth uppers. The cork soles worn by Chinamen are far more sensible than ours.

The high heels worn by women not only cause accidents—sometimes fatal ones—but they are a menace to health, affecting the entire nervous system, and especially the eyes. With high shoes pressing the feet and tight collars pressing the thyroid gland, women must necessarily, sooner or later, join the ranks of those unfortunate sufferers from chronic "female ailments." Then follow the knife, confirmed invalidism, and a miserable life, prematurely ended, even those who love you sometimes heaving a quiet sigh of relief. And all for the sake of following a foolish freak of fashion.

Go barefoot whenever you have a chance. Father Kneipp's idea of walking barefoot in snow and damp grass is an excellent one. The practice is good not only for the feet, but for the whole nervous system. It will quickly banish headaches.

Always wash your feet at night, and put on a clean pair of socks every morning. The impurities of the body tend to sink to the feet. This, I suppose, is why pig's "trotters" are regarded as a great delicacy—by some people. In Bible stories, when the weary traveler arrives from a long tramp across the desert, the first thing we read of is the washing of his feet. When at the beach, if you do not souse the whole body, wade in the surf. It is invigorating. Always let your children go barefoot whenever possible. Never mind if they stub their toes, or cut themselves occasionally. It will not injure them if their blood is reasonably pure. The child's sandal, now frequently seen, is an excellent idea.

The California State Legislature, at its recent session, recognized the importance of the care of the feet by passing an act (Assembly Bill No. 69) to regulate the practice of chiropody, creating a board of examiners. The board is composed of "three reputable chiropodists, and two physicians and surgeons." The expense of the board is borne by the chiropodists admitted to practice. The Pedic Society of California, which fostered the bill, includes nearly every chiropodist in the State. This is a good thing. It will now be possible for people to know where they may look for a "corn doctor" who knows his business, for there are pretenders in this, as in all other lines of activity relating to the care of the body.

What to Eat

AT request of several readers I append a list of foods, divided into three classes. It is based on fifty years of study and personal experience:

1. Eat freely: Fruits (except bananas) fresh and dried, including ripe olives and tomatoes; raw green stuff (leaves, stalks and roots) nuts (peanuts are not nuts) cottage cheese, buttermilk (eat; not drink), potatoes, Irish and sweet (baked), green corn.

2. Eat moderately (if at all): Cereals dextrinized (toast, zwiebach, bread crust, parched grain, crackers), legumes, ripe (not rotten) cheese, flesh foods (except pork) fowl, deep sea or river fish, eggs, cooked vegetables, bananas, pie (English style), honey.

3. Avoid: Pork and hog products of all kinds, shell-fish, mush, cake, pancakes, milk, cream, butter, sugar, ice cream, bread (except the crust), rhubarb.

English pie is made in a deep dish, with a rim, and has no under crust. Of course, only vegetable oil should be used.

I do not advocate the use of flesh foods, but have included them, because most people will have them.

Some foods, good by themselves, are bad when combined with some other foods. For instance, sub-acid fruits and cereals.

A Social Problem

AYOUNG woman was in a Los Angeles court recently to claim monetary balm from a young business man, by whom she had a child several years ago. It developed that he had offered to marry her, but she had refused. The judge declared it was the first time he had ever heard of such a thing. He is likely to hear of such things more often, if the emancipation of women continues.

The chief point in this case, however, is that, under our present social system, it was the duty of the mother to give her child a legal father. She need not have lived with the man. Under our lax divorce laws there are a score of ways of arranging this. What will the child think, when it grows up and asks—or someone asks it—who is its father?

A social system that punishes with contumely the innocent offspring of an illegal union is brutal and illogical, but so long as that system exists, it is the duty of the mother to protect her child, so far as she can, from the scorn of an unfeeling world.

It is just as troublesome to take care of yourself, to groom your person, to be regular in your habits, and restrained and careful in your diet, as to take proper care of a horse or a dog. It shows a rather high grade of persistent prowess in a man just to keep himself fit, to keep himself in working or playing health.—[Price Collier in Scribner's.]

Briefs

The \$200 a ton profit on armor plate may to some extent explain Japanese and Mexican war scares.

Minnesota club women say corset displays in store windows demoralize men and boys. Such prurient males are already demoralized.

Manufacturers who move to avoid strikes remind me somewhat of invalids who travel in search of health.

A bull in a French arena flung a dart into the heart of a spectator, who died. Bully for the bull!

How many crimes have been suggested by "Get Rich Quick Wallingford" stories and plays? Nice education.

Los Angeles, having long ago abolished hogs in the streets, thinks of forbidding raucous-voiced cocks in back yards. Second the motion.

An editorial writer refers to the buttermilk and rye bread diet of a Berkeley professor as "slops" and "trash." It was on such "trash" that the Bulgarians whipped the Turks.

On June 1 I celebrate another double anniversary—the first of the magazine and the 29th of my wedding.

The lesson of the recent primary in Los Angeles is that a strong minority are sick and tired of being treated like Sunday-school children.

A sure way to make money "tight" is to talk "tight money."

In April 119 patients entered the insane asylum at Patton, Cal.

Prof. Muensterberg says, if America makes a peace treaty with England, German-Americans may be offended. That would be sad.

The revolution in Mexico appears to have developed—or degenerated—into a contest between American and English capital.

A social worker says the "rag-time" dance produces a set of "rag-time" young men and women. Correct.

Gen. Edwards asserts that in place of canteen beer soldiers are taking to drug-store cocaine.

A branch "Forward to the Land" League has been formed in Los Angeles. Excellent idea, but "Back to the Land," whence we all came, would be more logical and euphonious.

The Montessori method of teaching is like scattering food for chickens to find, instead of cramming it down their throats.

"Billy" Sunday received \$23,000 for seven weeks of soul-saving in Wilkesbarre, Pa. Souls come high.

"Most of the heavy sheep owners of Arizona are Democrats, but they are protectionists to a man." It is to laugh.

Over fifty per cent of the blast furnace workers in the steel industry work twelve hours daily, seven days a week.

Jack London advises: "Never write before breakfast." In that case I should not write much, as I breakfast at noon.

Mr. Taft says that existing conditions in the courts of America are a disgrace. He should know.

The tuberculous son of a wealthy New Yorker, advised by physicians, was married on a sick bed in Colorado to "improve his health." What do you think of those doctors?

Secretary Daniels says a hazer is a bully. Right!

The London Times has come down from three to two cents.

In the East you get 20 to 40 cents a cental for waste paper. Here you pay the same for its removal.

A prominent railroad man recently declared that \$9,000,000,000 is necessary to put our railroads in efficient and safe shape.

A scientist says that revolt against its lot transformed the ape into a man. Progressives may yet become angels.

A young Californian, about to be admitted as a school teacher, "allowed" he had never heard of Martin Luther.

The Southern Pacific will spend a fortune to place immigrants on the land. Money well expended.

The latest medical "elixir of life" is "a paste formed of extracts from genital glands of cocks and sheep." Stewed or baked?

The man who suggests elevated railroads for this city should be chained to the fellow who cuts down trees, and both drowned.

The London Chronicle says: "The trouble with the constitution of the United States is that nobody has ever been able to find out what it means."

James J. Hill says reclamation of arid lands in the West started in his office. It started in the editorial room of the Los Angeles Times.

BRAIN AND BRAWN

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

Vol. II

LOS ANGELES, JUNE, 1913

No. 1

A California Yearling

THIS is Number One of Volume Two. Consequently BRAIN AND Brawn is one year old today. It is said that one third of the children born in America die before they are a year old. The mortality among publications is not less. As Busch—of Berlin, not of St. Louis—has written:

"Vater werden ist nicht schwer;
"Vater sein dagegen sehr."

It is easy to beget a baby, or a magazine, but to bear either and bring them to maturity is an arduous task. Especially when the magazine has little capital and censors its advertising pages.

It seems only yesterday that we "launched this little bark on the stormy sea of life" as the country journalist is apt to remark. Have you noticed, by the way, that the puppy bark comes in the salutatory, while the "wolf's long howl on Oonalaska's shore" follows—sometimes all too soon—in the valedictory? We are not howling yet. Nor are we hallooing, either, for we are not yet out of the woods.

The policy of the magazine will remain unchanged. Its future lies in the hands of its indulgent patrons.

Civilization

A great majority of people, who do not think for themselves, but let "authorities" do their thinking for them, take it for granted that what we call "civilization" is a long step of the human race in advance. After reading the opening article in this number, some of you, who are not too entirely given up to your idols, may be willing to admit that you have another think coming on the subject.

If you cannot digest fruit, do not blame the fruit, blame your stomach. If you cannot digest what I write, do not blame the writing, blame your brain.

Dr. Alfred Russell Wallace says that "man has shown no improvement, either in intellect or morals, from the days of the earliest Egyptians and Assyrians, down to the keel laying of the latest dreadnought."

My "Mug"

IN response to numerous requests, as they say at a cabaret, when a bum singer insists on boring you some more, I present, with this first number of the second volume, a "counterfeit presentment" of Harry Brook, in the act of thinking one of his great thoughts. Note the strained, even pained, expression, as of one approaching mental childbirth. The picture was taken three years ago. My folks think it makes me look too stern, for I am rather a good natured sort of a fellow, although some of my "regular" colleagues, who know me only by what I write, may find this difficult to believe. However, there I am. You must take me "for better or for worse" as the marriage service has it.

State Medical Legislation

The final result of the pulling and hauling over medical legislation at Sacramento was the passage of Senate Bill 813, fathered by Senator Avey. It is a most voluminous and clumsily written document. The interpretation of some of its provisions will doubtless furnish profitable occupation to lawyers. It discriminates more than the existing law against schools of drugless healing.

The voters of California will be heard from on this objectionable measure.

Sex and Suffering

ON another page I have written of a law passed by the recent California State Legislature and now awaiting the Governor's signature. It provides for medical certificates purporting to show that the male contracting parties to a marriage are free from venereal diseases. As I have said, the law is ineffective, and opens an unlimited field for graft and blackmail.

It is not by means of medical certificates, certifying nothing, that marriage may be made safe, but by educating young people in regard to the care of the body, especially in regard to sex functions, about which so much woful ignorance and pitiful prudery prevails. What, however, can we expect of people who denounce as "improper" the educational plays of Brieux, yet flock to a salacious show? Or of a government that proscribes good books on eugenics, while permitting free swing to erotic novels? Young people, as soon as they are able to understand, should be taught the all-important facts about sex functions. Then so many would not have to pay the awful price of Ignorance—not only they, but innocent wives and children.

I have added to the short list of selected books offered for sale to readers of the magazine the well-known "Self and Sex" series, reading of which has saved from ruin many lives in many lands.

Selling Space

THE Los Angeles Ad Club was recently addressed by Dr. Harvey Wiley. Referring to the subject of magazine and newspaper advertising, Dr. Wiley declared these publications can make greater profits by barring all suspicious advertisements than they can by allowing them to remain. As proof of this statement he cited several Eastern magazines which now censor every advertisement, and make greater profits than they did before.

This has been the policy of BRAIN AND Brawn from the beginning. A month has seldom passed in which we have not refused several advertisements, although we need the money. We have done this for two reasons: First, because it is right, and second, because it pays.

After all, it is really a wonder that every publisher does not see the force of this argument. When you buy a lot for a home, you are willing, are you not, to pay more for one in a tract with reservations, than in one where you may have a laundry on one side and a carpet sweeping establishment on the other? In the same way, shrewd advertisers are beginning to realize the extra value of space in magazines where the advertising columns as well as the reading columns are edited.

Greatest of All Blessings

Health—not "good health," for how can there be bad health—is the greatest blessing vouchsafed to man. Ask one of those sickly millionaires what he thinks it worth. Not one "civilized" man in ten thousand develops his full efficiency or dies of old age. By reading BRAIN AND Brawn for a few months you may learn why.

Is increased efficiency and lengthened life worth a dollar a year to you? If not you must indeed be a "pore shot."

A Good Creed

Iwould be pure for there are those who trust me;
I would be true, for there are those who care;

I would be strong, for there is much to suffer;

I would be brave, for there is much to dare;

I would be friend of all—the foe—the friendless;

I would be giving and forget the gift;

I would be humble, for I know my weakness;

I would look up—and laugh—and love—and lift.

—Howard Arnold Walter, in Harper's Bazar.

Brooklets

Papers that fan war flames are on a par with dissolute loafers who promote dog fights.

* * *

If reincarnation is a truth I hope some vivisectors may reappear as dogs, and be led to the shambles.

* * *

Why always "an interesting forthcoming event?" Is childbirth improper?

* * *

When Metchnikoff suggested slicing off several feet of colon, he must have been thinking of the Bible passage: "If thine eye offend thee, pluck it out."

* * *

Eating at a restaurant one is tortured by raucous music. Eating at a banquet one is bored by dreary speeches. Let us eat in peace.

* * *

Failure to reply, even by a card, to a letter calling for answer, is equivalent to a personal affront.

* * *

I have more respect for a prostitute than for a "respectable" woman who takes all she can get from a man and gives nothing in return.

* * *

It is easier to be virtuous after 50 than before. "There's a reason." That is, unless it settles in the head.

* * *

When a woman "goes wrong" the women, of course, blame her, but so also do most of the men. Poor woman!

* * *

Poverty is often due to drunkenness. Yet more often is drunkenness due to poverty and misery. An endless chain.

* * *

We need "scientific management" between producer and consumer of foods.

* * *

Why not let Niagara Falls run full force on Sundays and holidays, and use all the power on weekdays, thus combining pleasure and business?

* * *

A man likes to be made to think about as much as he likes to be wakened from a sound slumber.

* * *

"As a man thinketh so is he." Yes; but also: "As a man eateth so doth he think." For the brain, a part of the body, is built of food.

* * *

Most people who do not drink or smoke are intemperate eaters.

* * *

In Tacoma women are running elevators. More men out of work and unable to marry, so yet more women must go out to work. What's the answer?

Subdividing Southern California

HEQUENTLY, as editor of the magazine, I receive a letter from the East or abroad—we now have subscribers in twelve foreign countries—asking advice regarding the purchase of land in Southern California, either for a home, for investment, or for speculation. To such inquirers I usually refer the following remarks, in a Los Angeles county booklet, written by me for the Los Angeles Chamber of Commerce and now in its 26th edition, over a million copies having been distributed all over the world:

"Eastern readers of this pamphlet, who may be induced, by the truthful narrative of the charms and attractions and resources of Southern California, to make an investment in this section, before coming themselves, should exercise caution. Here, as elsewhere, are to be found all kinds of properties—good, bad and indifferent. Also all kinds of people, many of whom are honest and reliable, while others are—otherwise."

"Conditions relating to land values are so different in Southern California from those prevailing in the East that more than ordinary caution is necessary. To illustrate this, it is only necessary to state that, while one piece of land may be dear at \$30 an acre, an adjoining piece of exactly similar land, separated from the former only by an irrigation ditch, may be cheap at \$300 an acre, having a water right."

I think it my duty, however, to add a few words to this.

Present real estate activity in Southern California somewhat reminds old-timers of the great boom of 1886-87. In June, July and August, 1887, the real estate transfers in Los Angeles county amounted to \$100,000,000, although in many cases only nominal considerations were mentioned in the deeds. Toward the end of the boom, in the fall of '87, hundreds would stand in line, sometimes for twenty-four hours, before a real estate office—or hire others to hold places for them—in order to get an early chance of paying a first installment on \$500 for a 25-foot "business lot" in a sand wash they had never seen, twenty miles from the city, expecting to resell at a big profit to some of the hundreds of thousands of tenderfeet who were expected that fall, but did not come. Then, of course, the boom 'busted'. The gas pressure was too heavy.

Conditions in a city of 500,000 residents are, of course, quite different from those which prevailed in a city of less than 50,000, largely speculative transients. So long as homes seekers continue to pour in at the present rate there is no danger. Yet, even so, we have enough residence lots subdivided within twenty miles of our City Hall to make homes for all the people the most enthusiastic optimist can expect within the next couple of years. And the subdividing will not stop. Why should it? As long as enterprising subdividers can buy land at \$500 an acre, and sell it at from \$500 to \$1000 a lot, six or seven lots to the acre, they will naturally continue to play such a profitable game. When these lots are bought for homes, it is well. Also for investment or speculation, if one can afford to pay for them, salt them down and pay taxes and various kinds of street improvements on them for years. When, however, you expect to sell at a profit before making your final payments, always remember that there are thousands of others playing the same game.

Of late there has been great activity in the subdivision of land around and back of Los Angeles harbor, the inducement held out being the great industrial development expected to follow the opening of the Panama Canal. That section surely has great possibilities and prospects. Even our own boomers do not fully realize what a city is destined to grow up on the shore of the inner harbor. Ten years ago I referred to Wilmington as the "Little Liverpool of Los Angeles." It will not be so little, either, within a decade. Within a few years Los Angeles and the Harbor City will meet. Yet, notwithstanding all this, many people of moderate means who have been buying "industrial" lots near the harbor, on easy terms, expecting to sell at a large profit within a short time, will be disappointed. You cannot conduct much of an industry on a lot 40 by 125.

There comes a time in the real estate history of all cities, however large and prosperous, when the subdividing business temporarily gets ahead of the legitimate demand for town lots. Then there must necessarily follow a period of rest and sometimes of reaction. I do not say that such a time has again come for Los Angeles, but it is well for us to bear this truth in mind.

There are over 2000 real estate agents in Los Angeles. A great majority of them are honest, honorable men. A small minority observe the State, but not the moral law. A few are scoundrels, who should be in jail. It is right that we should have a law to protect innocent buyers against swindlers, but no law, however drastic, can protect a fool against his own folly, or prevent him from buying a gold brick. This article is not, however, written for fools, but for wise men and women who do not know it all, and are willing to take advice from one who has lived in California thirty-eight years, edited the real estate department of the Los Angeles Times for many years, and has made real estate investments, some wise, others otherwise.

To those who may be thinking of investing or speculating in California real estate, I again refer to my remarks above quoted, and add: If you cannot come yourself to judge of conditions and inspect a property, or have some one do so in whom you have full confidence, at least inquire into the standing of the real estate agent you deal with. There is in Los Angeles a Realty Board that to some extent vouches for the integrity of its members, but that alone is not always sufficient.

Southern California real estate is a good investment if you buy judiciously and can pay for it. Unless you take these reasonable precautions you may find you have bought a "pig in a poke" and thenceforth become a "knocker" of California, whereas you should hire someone to knock your own foolish head.

Diet and Population

SOONER or later, as the world becomes more densely populated, we shall be driven to vegetarianism, whether we like it or not. This will be better for us, both physically and financially. Following is a statement by Otto Carqué showing the annual yield of food products, in pounds, to the acre, the whole reduced to water-free substance—that is to say, deducting the amount of water in each food. In wheat this is 15 per cent, in beef, about 75 per cent: Meat, 180; wheat, 1000; oats, 1600; walnuts, 1900; potatoes, 2200; apples, 4000; bananas, 22,000. Commenting on this Mr. Carqué writes:

"We may safely say that an area of well cultivated fruit land can sustain at least twenty times as many people as the same area utilized for cattle raising. Scientific investigations have established the fact that by an intensive culture of the soil the valleys of the Mississippi river and its tributaries could supply the entire population of the earth with ample nourishment, while the state of California, alone, under a likewise intensive and scientific soil-culture, could easily provide sufficient food for one hundred million people, or the present population of the United States and Canada. Truly, as Virchow said: "The future is with the vegetarians." The time is not very far distant, when, by economic conditions, meat will be relegated to the expensive luxuries, much to the improvement of public health and morals.

Christian Science and the Jew

(J)NE of the remarkable features of the Christian Science movement is the large number of Jews who have been converted to it. The "American Hebrew," of New York, holds that the double alliance to Judaism and Christian Science is impossible. On the other hand, Henry Deutsch, a Jew converted to Christian Science, recently declared in the "Sentinel," of Boston, that "a Jew can consistently adhere to, and become connected with, the Christian Science faith and church, without relinquishing any part of the fundamentals of his old faith."

This is largely a question of individual opinion and belief.

Cheap and Nasty

ASHORT time ago a woman sent me half a crown (60c) from Notting-ham, England, asking for hygienic advice. She said this was the usual amount charged for such services in England. That may be so, but there is undoubtedly a wide range of prices. When I was a young man, and called occasionally on a doctor in the West End, I knew I was expected to leave a guinea (\$5.25) on his office table; not, of course, to offer it to him personally. That would have been an affront. At the other extreme are "dispensaries" in London, where you may get "advice" and medicine for six pence (12½c.) Others, of a more swell kind, charge as much as two shillings or four bits. Here is an extract from an article in the Pharmaceutical Journal (British):

"Cheap doctoring, like everything else that is cheap, is apt to be nasty—sometimes very nasty. Those who doubt this should read the signed letter of a medical man which appeared in the Times recently. Therein it is related that a doctor with a large contract practice had a surgery in which were five casks, each with a tap and an open top for ready filling. One contained solution of Epsom salts, another infusion of quassia, a third decoction of logwood, a fourth soapy water, and a fifth general rinsings. Other medicines (!) had he none. All of his patients were dosed from one of these five! Asked by a brother practitioner how his conscience would allow him to trifle with the lives of men, he said: 'Well, you see, it is a simple case of "diamond cut diamond;" the clubs think they are doing me, and I do them instead—that's fair.' Another had nothing in his surgery but rows of showy empty bottles on the shelves and three or four cheap and almost worthless drugs in brown paper bags for all his club patients. The correspondent also relates the following incident: A club doctor was dispensing in his surgery when the following dialogue took place with his temporary assistant: Assistant: 'What shall I give this man?' Doctor: 'Oh, some little thing—it doesn't matter.' Assistant: 'But what's the matter with the man?' Doctor: 'I don't know; I'd no time to make a diagnosis.' Whereupon he shook out a few grains of carbonate of soda into the palm of his hand and gave it to the assistant. It was put into the bottle which the messenger had brought, the bottle filled with water, labeled, not corked—and that was all."

Needless to say, medical services sold at such prices are worth less than they cost.

English physicians have of late been protesting loudly against the fees offered them by the Government under the national insurance act. They put up a big bluff, but soon began to back down. It is said that one result of this may be the reorganization of the British Medical Association, as the British doctors' trades union is called.

A Suggestion to Pawnbrokers

HEIN thou dost lend thy neighbor any manner of loan, thou shalt not go into his house to fetch his pledge. Thou shalt stand without, and the man to whom thou dost lend shall bring forth the pledge without unto thee. And if he be a poor man, thou shalt not sleep with his pledge; thou shalt surely restore to him the pledge when the sun goeth down, that he may sleep in his garment, and bless thee: and it shall be righteousness unto thee before Jehovah thy God.—Deuteronomy xxi; 10-13.

Meatless Menus—Cheese and Tomato Salad

SKIN and thoroughly chill small tomatoes. When ready to serve, cut in eighths (not severing sections) and open like a flower on leaves of lettuce. Mash cream cheese. Put this through a potato ricer and fill with it, each tomato. Serve with French or mayonnaise dressing. Garnish with slices of green pepper.

Medical "Science" and Medical Freedom

AT the April monthly dinner of the Sunset Club (Los Angeles), of which I am a charter member, held in the California Club, the paper of the evening, by W. D. Babcock, M.D., was "Scientific Medicine and National Board of Health". Dr. Babcock outlined some of the achievements of modern medicine, and gave his reasons for believing that we should have a National Board of Health. Having been notified that I should be called upon to reply, I had prepared a brief address, which I read. In it I argued—and produced medical authorities in support of my contention—that medicine is not a science, but a constantly shifting succession of guesses; that the germ theory of disease, and consequently the serum treatment, is a dangerous delusion, and that the establishment of a National Bureau of Health, controlled by one medical school, would be a national calamity. I concluded as follows:

"The medical profession is—or should be—the noblest of all professions. I have many good friends in the ranks of the 'regulars'. I, myself, am a doctor—a Doctor of Naturopathy, licensed by the California State Board of Medical Examiners. I follow the teachings of the Father of Medicine, from which teachings my regular brethren have strayed so very, very far. It is they who are rebels, not I—rebels against Mother Nature. I have no fight with physicians, but I deplore and oppose to the best of my ability what I regard as the dangerous folly of methods now in practice, while I look and hope for the day when the medical fraternity shall break away from the superstition of drugs and serums, and the menace of unnecessary surgical operations, and adopt more rational methods of aiding and abetting Nature, in her constant efforts to restore health to those who are suffering from the breaking of her immutable laws, which is the only cause of disease."

Food and Sexual Vice

DR. MARGARET C. GOETTLER, who has been delivering a series of lectures to members of the Pasadena Shakespeare Club on the scientific preparation of food, in her last address attributed much of the sexual vice that is so rampant to bad cooking and wrong eating. Among other things she said:

"Take the white slavery talk of today. All the trouble is caused from overeating. The man who is engaged in the white slave traffic is a diseased subject from overeating. He is absolutely poisoned from the rich food he eats. People debauch their minds by excessive food stimulation, and in return this debauches their bodies, and the horrible examples we have read about are the results.

"If our women took it upon themselves to see that their children in school had the proper lunch, and the proper time to eat it in, they would not let other people spoil their children at school in the manner they do from the lack of good food.

"To my mind, the time and energy that is expended at the high schools in teaching the girls to cook is absolutely wasted. No good can come of it. It is not scientific."

Much Ado About Little

TO judge from the exciting talk we have heard in California during the past few weeks, one might suppose that the Japanese residents are gobbling up most of the land in the state. Here are the facts:

The number of Japanese in Los Angeles is 7938, or 2.5 per cent of the population, according to the latest authentic statistics.

Japanese in Los Angeles county, 11,500, or 2.2 per cent of population.

Japanese in California, 58,000 (estimated,) of which 47,500 are men, 6400 women, and 4100 children.

Farm land owned in California by Japanese, 12,726 acres, assessed in 1912 at \$609,605.

Farm land leased by Japanese, 18,000 acres (estimated.)

The Folly of "Forced Feeding"

ABOUT a month ago I addressed the following communication to the editor of the London Times. As I do not see the Times now-a-days I do not know whether the letter was published, so take the liberty of printing it here:

"We Anglo American, and other residents of this far-off part of the world read with feelings of mingled amazement and amusement the doings of the militant suffragettes, and their treatment, especially the 'forced feeding.' There are thousands in America who have greatly benefited in health, and freed themselves from chronic disease by complete abstention from food for several weeks, and hundreds have broken the record of a forty-day fast made by Dr. Tanner, over thirty years ago. A more or less prolonged fast would doubtless eliminate from these over zealous militants some of the 'cussedness,' as we say in America. If a total fast should be deemed undesirable, a 'fruit fast' might be substituted, eating nothing but fresh sub-acid fruit in season. This is at once food, drink and medicine.

"If to the fast were added other rational rejuvenative methods of eliminating morbid matter from the system and restoring physical equilibrium, upon which the mental condition so greatly depends, I assure you that the results would be startlingly beneficial. The methods I refer to include, besides diet, hydropathy in its various forms, sweat baths, internal cleansing, air and sun baths, massage, and when necessary, manipulation of the spine to remove abnormal conditions. Remarkable success attending such natural methods of treatment has been amply proved at the fruitarian hospital in Mildura, Australia, and at the one in Bromley, Kent. Also in hundreds of hydropathic or 'Nature Cure' establishments scattered all over the world.

"Such treatment of our misguided and erring sisters would be no injustice or hardship. On the contrary, there are thousands who would welcome the opportunity to take such a 'cure' if they could afford to pay for it."

Oiling the Body

SOME physicians assert that a really sensible change cannot be effected in any portion of surface by rubbing in fats. One sapiently remarks that this fat does not take its place beside the skin fat, remaining there, but is carried back into the system to be gotten rid of by the ordinary processes of elimination. This is, in fact, the natural process. However, experiment has proven that the surface cared for by the rubbing in of oils and fats is nourished to a degree exceeding that of the surfaces not thus treated. There is something in the fact that friction promotes a better and more perfect metabolic action, bringing internal nourishment more rapidly to the parts. But the experiments have been tried of using friction with and without oils, with the result that the oils produced results that could not be attained without them. In the case of a little child with lower legs so weak and thin that they appeared almost like bare bones, the oil treatment was used until the limbs took on flesh, and became stronger.. And many women who have treated the bust and bosom with oil have been rewarded with a gradual rounding up of the flesh—the fat increasing beneath the true skin.
—[Genevieve Farnell-Bond, in Los Angeles Times.]

The Nature Cure

FOLLOWING is from "The Enlightened Life," by the late W. R. C. Latson, M.D.:

"Health, when lost, is to be restored, not by diet alone, or by fasting alone, or by exercise alone, or by anything else alone, but by all these things and many more adapted to the special needs of a patient. Any man who pretends to cure all cases by any one means is either a self-deluded ignoramus or a charlatan."

H. H. Dow, who administered an effective cancer cure, died on May 4, at his home in Pasadena. He was a good man and died poor.

Behind the Veil

JN the March number I referred briefly to the death of a fellow Sunsetter, George H. Stewart, who died in China, while on a health-seeking trip. Since then, another beloved member has gone beyond—W. C. Patterson, of the First National Bank of Los Angeles. He also, by a coincidence, died abroad—in Naples, Italy—while on a health and pleasure-seeking trip.

I first became acquainted with Patterson about a quarter of a century ago, when he was in the produce commission business, down on Los Angeles street. He was a thinker, a student, and a reader, and was much interested in speculation as to the Great Unknown. He and I often discussed and exchanged books on the subject. On my desk lies a copy of the revised version of the Bible, inscribed: "To my friend Harry Brook; W. C. Patterson, July 18, 1904."

Our friend and brother Sunsetter has now gone where perhaps he may be able to solve the problem in which he was so much interested—that is to say, unless the doctrine is true that the dead wait for Gabriel to blow his horn, and perform the miraculous task of resurrecting billions upon billions of bodies from their graves, from the depths of the ocean, from the vases in which their ashes are hermetically sealed, or from wheresoever else traces of their chemical elements may still be discoverable. I fear the dead will have to lie long 'ere they hear that trumpet blast.

"When You and I behind the Veil are past,
"Oh, but the long, long while the World shall last,
"Which of our Coming and Departure heeds
"As the Sea's self should heed a pebble-cast."

The Pasteur Graft

THE skull of a live rabbit is pierced with a scalpel and a small quantity of rabies virus is injected, after which the animal is placed in a cage that has a tag bearing the date on which it is inoculated. The first symptoms of rabies in rabbits begin with the hind legs and generally work forward until the animal dies of general paralysis. A rabbit will live from eight to twenty days after inoculation. The spinal cord is then dried in a glass jar over caustic potash and pulverized. One spinal cord will furnish about seventy-five doses.

The Pasteur Institute charges twenty-five dollars to inject this trash into your body and eminent medical men the world over have denounced this Pasteur treatment. Dr. Bell Taylor, of London, says:

"Pasteurism is the most extraordinary delusion that has afflicted men of science for centuries, and it is to be regretted that so many members of the medical profession have allowed themselves to accept it without proper inquiry, on the strength of audacious statements and unreliable statistics, and, that sooner or later the anti-rabic treatment will share the same fate as Robert Koch's 'tuberculin' and other disregarded nostrums."—[The Naturopath.]

The Fasting Cure

FASTING, under proper conditions, is one of the most effective means of curing chronic disease. Indeed, sometimes it is the only way.

Only in severe cases is it necessary to take a protracted fast. Some have found fasting a failure because they failed to observe proper precautions, such as the daily cleansing of the bowels, which is absolutely necessary.

Those who wish to learn more on this subject are recommended to read that most interesting and convincing book by the late Dr. Dewey "The No Breakfast Plan and the Fasting Cure." It may be ordered through the Naturopathic Publishing Company.

Each of the back numbers of BRAIN AND Brawn is a complete booklet. See list on another page of principal subjects in each number, and order what you want before they are gone.

Spondylotherapy

COLLIER'S WEEKLY prints much good stuff. When, however, it discusses the healing art, it gets out of its depth. In a recent number, the writer of an editorial on "The Making of Quacks" disclosed his gross ignorance by sneeringly coupling chiropractic and spondylotherapy with such a worthless fake as "Liquozone."

The benefits of chiropractic treatments are too well known to intelligent investigators to need discussion. Spondylotherapy—a "crack-jaw" name—is a system better known as "reflexotherapy" as suggested by Dr. H. Jaworoski, of Paris. Dr. J. Madison Taylor and Dr. Louis von Cotzhausen protested against the employment of the word spondylotherapy, contending that the designation is too limited in scope to do justice to the subject, which embraces not only new methods of treatment, but new methods of diagnosis.

Dr. Albert Abrams, of San Francisco, is an eminent and experienced physician of the "regular" school. A leading pathologist has said of him: "He is the most completely and accurately informed medical man I ever met." He is an enthusiastic advocate of this method of treatment, and a few months ago delivered an address on the subject before one of the leading medical associations of the United States. Several years ago, in the Los Angeles Times, I reviewed his first book "The Blues". Dr. Abrams has recently been giving clinical courses on spondylotherapy on the Pacific Coast.

Collier's should employ more intelligent and well informed men to write on the subject of the care of the body.

A Nut for the Vaccinationists

JF vaccination will do all that has been claimed for it, none but the unvaccinated need fear smallpox. Then why should school authorities insist that the unvaccinated be excluded from schools if the vaccinated are safe? The unvaccinated are the only ones who are taking chances. If vaccination does not make one immune what is the use?—[Scranton (Pa.) Republican.]

Why Not Muzzle the Horses?

JN Haywards, Cal., recently a horse became delirious and tried to break into a bank building. Men who try to break into banks are not regarded as crazy. The vets said it was "acute pneumonia." If it had been a dog they would have called it "hydrophobia."

Why not muzzle the horses? Also the political doctors. They are certainly dangerous.

The Way of the Reformer is Hard

I shall continue doing everything in my power to get people interested in your magazine. It is a pity most of us are so poor. I believe I could get \$500 a week on a vaudeville circuit, singing a ragtime song with a more or less (rather less) dressed woman. Some of our brethren who are lawyers might get \$25,000 to save a criminal, who deserves the rope, from the gallows. I have refused a princely salary, offered me by a professional abortionist. I have been offered a small fortune for being a scoundrel and a coward. Now, when I bring somebody back to life, save him thousands of dollars in doctor bills and financial losses, on account of poor health; when I help people to live several years longer by teaching them the principles of rational living, I have trouble in getting my fees and often suffer indignities and ungratefulness.—N. D., Los Angeles.

Dr. Wiley says osteopathy is a "pure fraud." There are some things that Dr. Wiley does not know.

The elder Talmage truthfully said: "Many a man is trying to do by prayer what can only be done by correct diet."

Human and Bovine Tuberculosis

FOllowing communication has been received from Dr. Norton Hazeldine:

Transmutation of any substance or thing has never yet been proven to the satisfaction of modern science. Then the question might very properly be asked here, why should it be accepted as a positive truth in the science of bacteriology? The claim that human tubercle bacilli can be transmuted into bovine tubercle bacilli by passing them through a guinea pig, hence into a cow, and a bovine tubercle bacilli can be transmuted into human tubercle bacilli by passing them through a cat, cannot be accepted as a scientific fact, in as much as bovine and human tubercle bacilli hold no resemblance to each other either in form, structure, solidity, weight, size or habitation.

The fact that bovine tubercle bacilli has never yet been found in a human being, or human tubercle bacilli in a cow, except it has been purposely introduced, and the fact that tuberculosis cannot be contracted by inhalation, but must germinate intestinally to become generalized, will prove to any open to conviction, that these diseases belong individually to each other, and neither are responsible for each other's existence, one being the result of a meat diet, the other of a vegetable diet; one subject to mental conditions, the other not.

We doubt whether some stuff extracted from a mud turtle and shot into a human being will drive the white plague devil out. We incline to the more modern medical theory that only "nature cures"—using that phrase in its broad sense.—Los Angeles Tribune.

Health Advice by Mail

AS editor for thirteen years of the Care of the Body department of the Los Angeles Times, it was my privilege to give dietetic and other advice by mail to hundreds of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy and hydropathy are valuable means of aiding nature. Sometimes these methods are indispensable. Any honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. "As a man eateth so is he."

Dietetics is my specialty. The subject of food and food values has been my hobby and my study in Europe and America for fifty years.

This subject is of vital interest, not only to those who are actually sick, but to the great army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

I perform no miracles. I promise no cure. Nobody ever cured anybody. Whoever says he can cure anybody is a fool or a knave. Nature alone cures. All I do is to point out the way.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of hygienic home treatment.

HARRY ELLINGTON BROOK, N.D.,
Editor BRAIN AND Brawn.

Mail Address, P. O. Box 612,
Los Angeles, California.

Vox Populi

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

FROM THE PLANT WIZARD.

I have just received a copy of your magazine. It is very interesting. Yes, I well remember your review of the "Human Plant" in the Los Angeles Times a few years ago. You have, by misleading advertisements, been induced to believe that I am to establish a branch at Los Angeles. I am not in any way connected with the Luther Burbank Company, and have no catalogues, as I have nothing for sale.—Luther Burbank, Santa Rosa, Cal.

THOUGHTS FOR THINKERS.

Allow me to express my utmost appreciation of your splendid magazine, Brain and Brawn. When it comes to my desk every month I simply suspend all business till I have gone over it and then I lay it aside for a more careful reading. So many exchanges come to us that it would be impossible to give them our attention even if one so desired, but the Brain and Brawn envelope is eagerly sought in the mail.—Wilma Frances Minor, Associate Ed. Thinkers' World Magazine, Chicago.

THE ORIGIN OF MAN.

You will please discontinue BRAIN AND BAWN at the expiration of my subscription. I cannot conscientiously lend my support to a magazine which upholds the theory of the evolution of the human race.—Mrs. J. L. Myers, R. D. 1, Box 13, Boise, Idaho.

MEDICAL SUPERSTITION.

I am over 73 years of age, and have practiced as a licensed allopathic physician for 45 years. It appears to me that a serious crisis is imminent in medical science. We are fast approaching conditions of the dark ages, when lice of elephants, dung and claws of the devil, worn-out shoe soles, fat of flies, mummies, flesh of gallows corpses, bile of carps, and endless other "precious remedies" were included in the treasures of medicine.—William Weber, N.D.; Los Angeles.

BATTLESHIPS AND FOODS.

The United States government, which spends millions of dollars for battleships that will be punk in ten years, has not appropriated sufficient money for the important subject of analysis of the human body, and complete analysis of food. Dr. Wiley did not seem to take much interest in this matter, as he admitted himself. The composition of foods is just as important as pure foods. We cannot live on "pure" white flour, "pure" refined sugar, "pure" pickles, "pure" whisky, etc., but must have foods in which the mineral elements are contained in the right proportion. There is a great difference between vegetables raised on impoverished soil and properly fertilized soil, and probably the analysis of human bodies would likewise show a wide range in composition.—Otto Carque.

HOW TO END WAR.

There is much talk about ending war. Why not let the heads of government—the kings, emperors, and presidents—go into a ring and fight it out among themselves, as did the knights of old? This would soon tend to discourage war. Also, I see that the workingmen in Europe are beginning to plan to combine to refuse to vote for these immense armaments. This is another thing that would put the "kibosh" on war. After all, it is an easy thing to stop war—if you want to.—E. W. J.

Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

RHUBARB.

What do you think of rhubarb as a food?—Rockwell, Santa Barbara.

Rhubarb contains a large amount of oxalic acid—more than any other ordinary food substance. Tomatoes and strawberries also contain oxalic acid, but in much smaller amounts. If rhubarb is used at all, it should not be as a food, but as a medicine. Also, it should never be eaten with cereal foods. This cuts out rhubarb pie. Also strawberry shortcake.

CONSTIPATION.

Will you not say a few words on the subject of constipation?—T. R. W., San Francisco.

The subject of constipation cannot be dismissed in a paragraph—or even in a page. It is the commonest of all "civilized" ailments, and is the beginning of many more serious troubles. "Savages" do not suffer from constipation. It is, of course, due to our absolutely unhygienic modern method of living; our over-eating of concentrated foods, and under-exercise. When constipation has not been rendered more serious by the long use of "harmless cathartics," and other dope, it may quickly be cured by the Natural Method of treatment. When it has been so complicated, it may also be so cured, but of course it takes a longer time. The enema is less harmful than drugs, but should not be made a habit. The natural cure for constipation includes, besides diet, kneading of the abdomen, stooping, bending and breathing exercises, and the external use of water.

RUPTURE.

G. A. B.—In reply to your inquiry about rupture, I cannot do better than quote the following extract from an article by my friend Dr. Tilden, in *A Stuffed Club*:

"Under ordinary conditions the capacity of the abdominal cavity is large enough, but the strenuous life of eating to satisfy one's appetite, then eating more to please friends, and eating foods of a character to create gas, eventually creates an intra-abdominal pressure that puts so much stress on the weak points that hernia results. In women under similar conditions prolapsus of the uterus is quite common—a hint to those who want to know the cause of these physical derangements."

A predisposition to hernia is often inherited. While you are adopting a diet that will not form gas, and are strengthening the walls of the abdomen by judicious exercise, you should see a good expert in the line of trusses. There is probably more fake business in rupture cures than in any other branch of healing, except that of the low brows who mishandle "diseases of men."

MILK DIET.

R. T. S.—The chief benefit of milk diet is that it is a single, simple, easily digested food. Consequently, it gives the over-worked stomach a partial rest. On the other hand, milk is not a natural food, except for the young of the animal from which it comes, and when sucked slowly directly from the nipple. In most of the milk cures enormous quantities of milk are administered to the patient, which is unnatural, and unwholesome, and must necessarily result in disgust and reaction. Buttermilk is better for human beings than sweet milk. It does not tend to curdle in the stomach. A "milk fast" for a few days, or a week, will do no harm, and may do good, but for a longer period, I advise a "fruit fast"—eating nothing but fresh fruit in season—which gives the system, besides a rest, a thorough cleansing.

Books

TYPHOID FEVER; J. H. Tilden, M.D.; order through Naturopathic Publishing Company; \$1.00 postpaid.

Typhoid fever is one of the most mal-treated of all diseases. Therefore, it is not surprising to learn that last year it claimed 60,000 lives in the United States. Most of these lives might have been saved had foolish medical men not insisted on poisoning the stomach with drugs and with food, which becomes an active poison when given to persons suffering from this ailment. The book describes plainly a rational treatment of typhoid fever. Dr. Tilden writes:

"When I say that it takes a doctor with drugs and food, and a loyal nurse to rub it in, to make a typical case of typhoid fever, I know what I am talking about." . . .

"The time will soon come when the germ theory will be looked upon as a wild, fantastic day dream of a people who could have known better, but who preferred to romance with a speculative philosophy rather than get down to business and evolve a positive, scientific healing system, agreeable to the laws of nature."

THE EPICURE OF MEDICINE; Dora C. L. Roper, D.O., author and publisher, 518 41st Street, Oakland, Cal.; 164 pp., \$1.85 postpaid.

The author, a nurse, seems to have suffered from far more than her share of human ailments. In the forepart of the book are good suggestions. The author's ideas on diet do not at all agree with mine, and diet has been my special study in Europe and America for fifty years.

THE NATURAL CURE OF CONSUMPTION; C. E. Page, M.D.; 300 pp. Order through Naturopathic Publishing Company, \$1.00 postpaid.

This is a most valuable book, entirely in line with my teachings. As I do, the author denounces the stuffing treatment of consumptives. The book should be read by all afflicted, or threatened, with tuberculosis. The author agrees with the late Dr. Oswald that consumption in its earlier stages is perhaps the most curable of all disease. He shows that consumption does not primarily affect the lungs, but always arises in the digestive organs. About half of the book is devoted to tuberculosis. In the other half the author treats of constipation, Bright's disease, insomnia, rheumatism, biliousness, diet, air baths, "saline starvation," and other important subjects.

DIAGNOSIS FROM THE SPINE; Prof. B. H. Jones; 260 pp., illustrated. Published by the author, Pittsburg, Pa.

A few years ago an eminent American medical man admitted that of a thousand cases diagnosed by him that had come to autopsy, only 50 per cent. of his guesses were correct. The diagnosis from the eye, and the diagnosis from the spine leave nothing to guess work. Prof. Jones has written a most valuable book, full of good suggestions. The author shows the widespread ill-effects of auto-intoxication. About half of the book is devoted to a description of spinal treatments.

SELF AND SEX SERIES; Sylvanus Stall, D.D., and others. Order through Naturopathic Publishing Company. Eight volumes cloth, each \$1.10 postpaid.

This celebrated series of books on sex subjects has been sold by hundreds of thousands, in many languages, all over the world. It has undoubtedly saved a great number of people from physical, mental and moral shipwreck. Some of the books are impregnated with religious sentiments, but all are written in plain, sound, sensible style. The eight volumes, beginning with "What a Young Boy Ought to Know," include what a "Young Man," a "Young Husband," a "Man of 45," a "Young Girl," a "Young Woman," and a "Woman of 45" ought to know.

A Hundred Thousand Visitors

THE spectacle of a hundred thousand persons passing through a factory every year "to see the wheels go 'round" is something so unusual in this country as to call for more than passing notice.

This is the number that annually passes through the beautiful factory known as "The Home of Shredded Wheat" at Niagara Falls. The question naturally arises, "What is there so unusual about this factory that it should attract such crowds, even drawing them away from the scenic splendors of the Cataract itself?" Surely the ordinary factory is not such an object of popular interest—indeed, the average factory does not throw open its doors to the public. It does not care to have its methods of manufacture inspected by curious throngs.

Right here is the secret of the drawing power of this wonderful establishment. There are factories and factories. But the Shredded Wheat factory is unique. There is nothing like it in this or any other country. It is the dream of a "dreamer," fully carried out. This "dreamer," who invented Shredded Wheat Biscuit, said he would build the cleanest, finest, most hygienic factory in the world in which to make the cleanest and purest cereal food in the world, and he succeeded in making good his promise. In this plant are realized the most advanced twentieth-century factory ideals.

This is what draws the pilgrims from all lands. It has been visited by men and women of every race, of every clime, of every station in life, from men distinguished in letters and politics to members of royal families. The building is located on Buffalo avenue, in the heart of the best residence district of Niagara Falls, far away from the smoke and dirt of factories and railroads. Its ornate and dignified architecture gives it the appearance of a fine institution of learning rather than a factory. Thirty thousand panes of glass let in the sunlight which floods every nook and corner with its cleansing rays. The machinery itself is a marvel of ingenuity, while the "welfare work" which is carried on for the benefit of employees excites the amazement and admiration of visitors. The lavatories, which provide shower and needle baths for employees, alone cost one hundred thousand dollars. The rest rooms, reading rooms and assembly rooms provided for employees are models of cleanliness and comfort and are also objects of interest and comment.

In this beautiful "Palace of Light" are made every day in the year two million Shredded Wheat Biscuits, which find their way to all quarters of the habitable globe. Visitors to Niagara Falls should not fail to see this unique establishment, where they will be surprised at the facilities provided for their comfort and entertainment.—Advertisement.

The Price He Paid

By Ella Wheeler Wilcox.

Copyright 1913, Cosmopolitan Magazine.

J SAID I would have my fling,
And do what a young man may:
And I didn't believe a thing
That the parsons have to say.
I didn't believe in a God
That gives us blood like fire,
Then flings us into hell because
We answer the call of desire.

And I said: "Religion is rot,
And the laws of the world are nil;
For the bad man is he who is caught
And cannot foot his bill.
And there is no place called hell;
And heaven is only a truth,
When a man has his way with a maid,
In the fresh keen hour of youth.

"And money can buy us grace,
If it rings on the plate of the church:
And money can neatly erase
Each sign of a sinful smirch."
For I saw men everywhere,
Hotfooting the road of vice;
And women and preachers smiled on
them
As long as they paid the price.

So I had my joy of life:
I went the pace of the town;
And then I took me a wife,
And started to settle down.
I had gold enough and to spare
For all of the simple joys
That belong with a house and a home
And a brood of girls and boys.

I married a girl with health
And virtue and spotless fame.
I gave in exchange my wealth
And a proud old family name.
And I gave her the love of a heart
Grown sated and sick of sin!
My deal with the devil was all cleaned
up,
And the last bill handed in.

She was going to bring me a child,
And when in labor she cried,
With love and fear I was wild—
But now I wish she had died.
For the son she bore me was blind
And crippled and weak and sore!
And his mother was left a wreck.
It was so she settled my score.

I said I must have my fling,
And they knew the path I would go;
Yet no one told me a thing
Of what I needed to know.
Folks talk too much of a soul
From heavenly joys debarred—
And not enough of the babes unborn,
By the sins of their fathers scarred.

Drugless Doings

[Brief items of interest for this department, such as changes of address, firms, etc., are solicited. They should be received by the fifteenth of the month. Address letters to the editor.]

The regular monthly meeting of the Association of Naturopathic Physicians of California—the last before the summer vacation—was held on Tuesday evening, May 13, in the office of Dr. F. L. B. Willson, in the Exchange Building, Los Angeles. There was a full attendance.

The subject of medical legislation was fully discussed, following a reading of the Avey Senate Bill, which was severely criticised. The secretary was instructed to send a telegram to Governor Johnson urging him, on behalf of the Association, not to sign the bill. The question of instituting a state referendum for the purpose of bringing about a square deal in medical matters was also gone into, and a committee appointed to confer on the subject with other drugless healers, the committee to report immediately.

Following is an extract from a circular letter sent out a month ago by the secretary, Dr. George B. Abbott, to the members of the Association of Naturopathic Physicians of California:

"You are reminded that the annual dues of the association were raised to \$10 per year, payable in installments in January and July of each year, also that one of the requirements of the State Medical Board will be (no matter what other laws are effective) that every practitioner in the State shall be a member of some association and responsible to that association for his or her conduct and that association represented upon the State Board.

"If the present session of legislation does not pass satisfactory medical laws according Naturopaths the same

right as homeopaths and eclectics the matter will be taken up through referendum and placed before the people to decide, therefore you must either support this association or be left in the cold. Pay your dues and get in line at once.

On April 26 an interesting and instructive lecture on diet was delivered at the Swedish Institute, 945 West 7th Street, Los Angeles, by Mrs. Ehrenstrom, wife of Dr. Ehrenstrom. Among other things the lecturer emphasized the advantage of dry diet and thorough chewing. She also insisted on the absolute necessity of the organic salts, unchanged, in our food. Mrs. Ehrenstrom's views on diet are eminently sane. Dr. C. F. Jones, of the Pacific College of Osteopathy, followed with short talk on the effects of overeating.

Dr. Carl Schultz still attends at the office of Dr. Greth, 748 West 7th St., on Tuesdays, Thursdays and Fridays, from 9:30 to 11:30.

The Business Office

If your subscription to the magazine has expired, do not fail to renew it, or it will cease coming to your address. You will receive a bill when the subscription expires.

The title and contents of this magazine are copyright. Contemporaries are welcome to run extracts, with proper credit.

Ralph D. Lanehart, the active and capable advertising manager of BRAIN AND Brawn, will be pleased to call on prospective advertisers, and give them suggestions and assistance.

Last month we published a list of Los Angeles dealers who handle BRAIN AND Brawn. This month we print the following list of outside agents. This list will be added to

Niles & Moser Cigar Co., Denver, Colo.
Liddle's B. & S. Store, 163 W. 2nd St.,
Pomona, Cal.

McKendrick Bros., 282 W. 2nd St.,
Pomona, Cal.

R. O. Ayers, 365 W. 2nd St., Pomona.
O. E. Snyder, cor. 3rd & D St., San
Bernardino, Cal.

Frank Rathburn, 483 Third St., San
Bernardino, Cal.

Wm. L. Fry Book Ex., 811 Main St.,
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W. H. Greenfield, 2546 N. 16th St.,
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Mrs. Simpson, 1424 B St., San Diego.
C. A. Dexter, 921 6th St., San Diego.
Brentano's, F & 12th St., Washington
J. A. Birch, 2153 Pennsylvania Ave.,
Washington, D. C.

Adams News Depot, 9th & G St., N. W.,
Washington, D. C.

Holtzclaws, 1705 Pennsylvania Ave.,
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C. W. Craig, 956 Main St., Riverside.

Adam Hill, 2902 Hewitt Ave., Everett,
Wash.

Book Lovers' Shop, 5th & C St. San
Diego, Cal.

Foster & Orear, Ferry Bldg., San Fran-
cisco, Cal.

F. A. Ryan & Co., 18 W Colorado St.,
Pasadena, Cal.

Pasadena Stationery & Printing Co.,
45-7 E Colorado St., Pasadena, Cal.

Jarvis & Prinz, 49 E. Colorado St.,
Pasadena, Cal.

Jeff Forrer, 620 Founin St., Houston,
Tex., Capitol News Store.

The Pierce & Zahn Book Co., 1537
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A. J. Puryear, 1340 D St., San Diego.
Parkard's Book Store, 831 Sixth St.,
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Diego, Cal.

A. H. & J. R. Rogers, 1404 New York
St., N. W., Washington, D. C.

John G. Evans, Butte, Mont.

Keefe Bros., Butte, Mont.

Wolf & Adams, 1st & American Ave.,
Long Beach, Cal.

J. Riveria Drug Co., Broadway &
Chestnut Ave., Long Beach, Cal.

Virginia Hotel Newsstand, Long Beach.
Simmel Cigar Co., P. E. Bldg., Los An-
geles, Cal.

Lanz & Toepel, San Francisco Health
Food Store, 1806 Fillmore St., S. F.

Henry W. Beckstrom, American Na-
tional Bank Bldg., St. Paul, Minn.

Dr. P. Rudolph, 1619 Westlake Blvd.,
Seattle, Wash.

Frances L. Dusenberry, Purdy Pub.
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5 South Wabash Ave., S.E. cor.
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Store, 1186 Market St., San Fran-
cisco, Cal.

Dr. D. W. Wise, Agent, Redlands, Cal.

Our Advertisers

[NOTE:—Only approved advertisements will be inserted in this magazine. No advertisements of drugs, fake remedies, or off-color doctors accepted at any price. This will keep out some people, but it will make advertising space of more value to those who come in. Any complaints about advertisers whose notices appear in these columns will receive immediate attention from the publishers. If desired, advertisements will be written by the editor without extra charge. Copy should be received not later than the 17th of the month.]

IN THE FOOTHILLS.

Theo. Caldwell has been making improvements at his Casa De La Vina resort in the foothills near Pasadena. A good place to spend a few days—or weeks—when you want to get away from the crush.

IN SAN DIEGO.

The business manager of BRAIN AND Brawn, accompanied by her sister, who is my stenographer, paid a flying trip to San Diego middle of May, and found our friends and patrons happy and prosperous. The San Diego people are evidently alive to the benefits of the Nature Cure. I expect to run down there this summer.

IN SAN FRANCISCO.

Dr. James Hegyessy, of San Francisco, whose card appears in this number, is a thinker and scholar, and author of that notable book, "Must Women Suffer Everlastingly?" I recommend him to the attention of our friends in the northern part of the state.

Another San Francisco advertisement is that of the Sanitarium Health Food Store, where a variety of pure health foods may be obtained. Readers who are going north should make a note of the address.

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Many who need such help testify to the benefit derived from an arch instep supporter. It makes walking much more pleasant and less fatiguing.

CHANGE OF ADDRESS.

Dr. J. R. Leadsworth has moved to Rooms 504-5 Ferguson Building where accommodations are better.

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Those who are looking for a Kneipp method sanatorium near Los Angeles should inspect the well conducted Weinmann establishment near Glendale. Dr. Weinmann is a graduate of the Naturopathic Institute (New York).

WOMEN AND CHILDREN.

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Vegetarian eating is growing in popularity. Drop in at Niely's cafeteria and delicatessen, on Sixth Street, and sample her good stuff.

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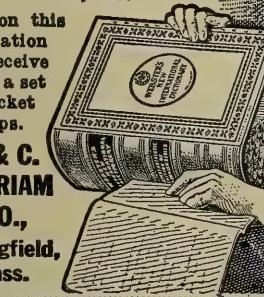
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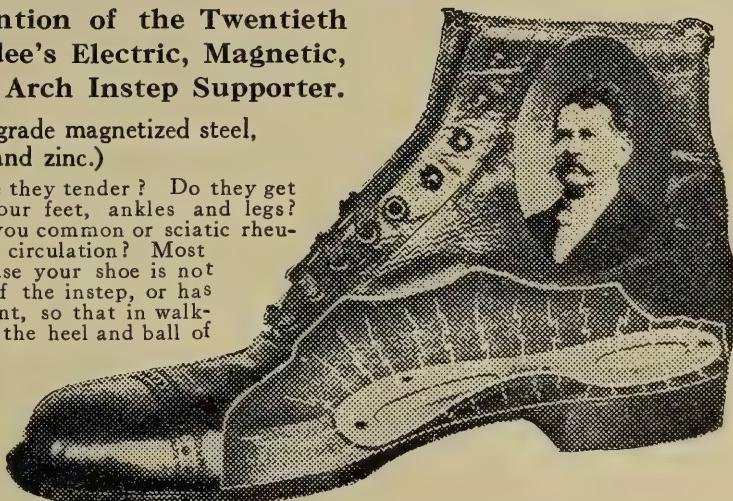


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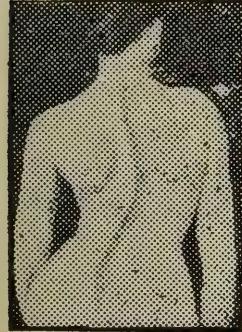
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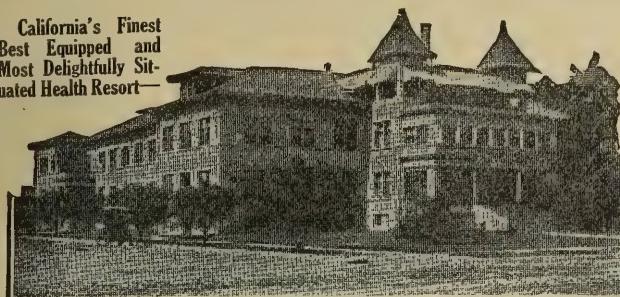
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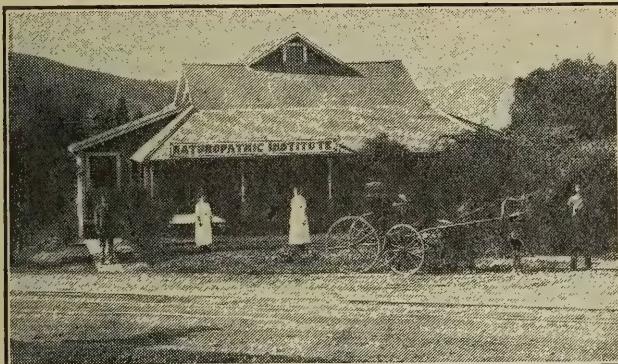
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OLD AGE—ITS CAUSE AND PREVENTION; Sanford Bennett 270 pp. many photos \$1.65

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ART OF LIVING IN GOOD HEALTH; Daniel S. Sager M.D. 360 pp. \$1.65

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THE ART OF LIVING LONG; Louis Cornaro 214 pp. \$1.65

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HOW NATURE CURES; Emmet Densmore M.D.; 413 pp. \$2.65

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BRAIN ROOFS AND PORTICOS; Jessie Allen Fowler. 148 pp.....	\$1.10
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THE A. B. Z. OF OUR OWN NUTRITION; Horace Fletcher. 426 pp.....	\$1.15
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The instruction of the people in regard to the Nature Cure, or drugless method of healing disease, including such natural aids to nature as diet, exercise, fresh air, spinal manipulation (osteopathy, chiropractic, etc.), massage, hydropathy, and mental suggestion.

The combating of medical errors and crimes, such as the poisoning of the blood with filthy animal virus, the absurd exaggerations of the germ theory, the suppression of symptoms instead of removing the cause of disease, the scaring of the people with false ideas in regard to infection and useless quarantines, drugging, vivisection, and unnecessary surgical operations.

Medical as well as religious and political freedom. The right of every man to choose his own physician as he chooses his own priest—or goes without one.

Education of the people in regard to the laws of health, and the cause of disease, especially in regard to diet.

Advocacy of pure food, and descriptions of adulterations.

Exposure of heartless and scoundrelly quacks, both "regular" and irregular, who prey upon the sufferings of poor humanity, not even attempting to cure diseases they are powerless to cure, so long as the victim has money.

Information regarding fake remedies that never have, could or would cure disease, but only serve to deplete the purse of the patient.

Eugenics, or the right of a woman to control her own body—to say when and under what conditions she shall conceive—and the right of the child to be well born.

The humane treatment of children and animals.

The establishment of universal peace, with honor.

The "back to the land" idea, showing the advantages of a "little land well tilled," to furnish small productive homes to those now dependent on precarious wages in our congested cities.

The simple life and the uplift of humanity.

Our health platform is as follows:

1. Disease is an effort of nature to remove poisonous or morbid matter from the system, and to restore normal conditions.

2. Drugs taken into the stomach, and filthy animal matter injected into the blood interfere with these healing processes of nature, suppressing symptoms of disease, while never effecting a cure.

3. The germ theory is a superstition. Germs are not the cause but an effect of disease, just as maggots are not the cause of rotting meat. Many germs are not only harmless, but are beneficial and necessary. At any time you may find in the throats of many people who will never get those diseases, the germs of diphtheria, cholera, tuberculosis, and other so-called "infectious" diseases.

4. There is no such thing as "infection" or "contagion," as generally understood. Skin diseases or blood diseases may be passed from one person to another by direct contact, where there is an abrasion of the skin. Therefore, all quarantine is useless annoyance.

5. There are no superfluous organs. A great majority of surgical operations performed now-a-days are not only unnecessary, but dangerous and harmful, and should be forbidden by law.

6. There are rational means of aiding nature to purify the system and restore health. Among these are diet, fasting, active and passive exercise, hydrotherapy, the adjustment of the spine, (osteopathy, chiropractic, etc.), deep breathing of fresh air, sun and air baths, rest, sleep and mental suggestion.

7. Next to air, food is the most vital of all subjects relating to the care of the body. Food is the material of which the body is formed. You cannot make a good suit of clothes out of bad wool. As a man eateth so is he.

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JULY, 1913

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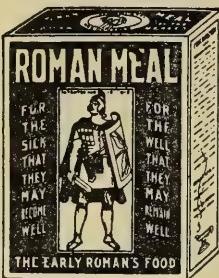
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Brain and Brawn

Devoted to the Nature Cure, Hygienic Education and Medical Freedom

HARRY ELLINGTON BROOK, N. D., Editor

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The A. B. C. of Health

THOSE who have been readers of my writings for some length of time seldom send in ridiculous or vexatious questions. It is the newcomers—the “tenderfeet”—the kindergarten class in hygiene, who have come into the BRAIN AND BRAWN family that keep the editor’s basket supplied with all kinds of simple questions, that serve to show how dense is the ignorance of a great majority of educated people—so-called—in regard to the simplest and most rudimentary laws of health and disease. It is no wonder that quacks and patent medicine manufacturers continue to multiply and flourish.

“Do tomatoes cause cancer?”

“What causes a sharp pain in the left-hand side of the belly?”

“How soon after a man has a bad fit of temper is it safe to stay in a room with him?”

“How many oranges can a man eat daily?”

“What do you think of Kuram’s Kurlikulin?”

And so on, and so on, ad libitum, ad nauseam, ad desperandum. There are, however, so many new scholars entering the BRAIN AND BRAWN class, that it is only right and proper for the kindergarteners to be given a show once in a while. So here goes:

Q. What is disease?

A. Disease is an effort of nature to eject from the body superfluous morbid matter, that has been accumulated therein by low activity of the depurating organs, due to the consumption of too much food, or wrong kinds of food, or the continued breathing of foul air. Disease is beneficent, and should be encouraged. It is a house-cleaning process. If there were no disease the human race would die off like rotten sheep. What would you think of a man who sat on the safety valve when the steam began to escape? That’s what the doctors do when they give drugs to sick people. Queer, is it not?

Q. What shall I do when I am sick?

A. Go to bed and stop eating. Open your room to let in the fresh air, and open your body, to let out the foul matter, through the pores, and the bowels—the latter by means of a few good enemas. When you are thirsty sip cool water, containing a little fruit juice. For congestion and pain apply hot cloths, and in fevers frequent cool sponging. That is all.

Q. Can drugs cure disease?

A. Drugs never have, or ever can “cure” disease. They may temporarily relieve the symptoms. When a sick person is given drugs, which are poisonous interlopers, and are so recognized by the human system, the man has the added burden of ridding himself both of disease and of the drugs. Consequently, unless he has an extra strong

constitution nature often gives up the unequal contest, and the patient dies. For every sick person who dies of what we call "disease," thousands are killed by drugs and unnecessary food that cannot be digested, but lies in the stomach and rots, greatly lessening that person's chance of recovery. At other times drugs may suppress the healing process of nature, in casting forth impurities, and drive them back into the blood. Then the doctors call this a "cure." On the contrary, it is another nail driven in that man's coffin.

Q. What food shall I eat?

A. Any natural food. The natural food of the herbiverous animals is grass. The natural food of the carnivorous is flesh. The natural food of birds is ripe grain, also fruits. The natural food of the anthropoid apes, from whom man is descended, is fruit, and nuts, and grain "in the milk"—green corn. To this you may add green leaves, such as lettuce, and watercress, and celery and vegetables, a reasonable amount of ripe grains, in various forms, milk, eggs, cheese, and, if you please, a little meat. The main objection to flesh food is that it always contains some of the excremental matter in the blood of the animal when it dies, only a small percentage of domestic animals being free from disease. It also contains too much proteid. No right thinking person will eat such filthy food as kidneys and liver, containing the urine and bile that the animal would have passed off had it lived. These are especially rich in uric acid, which all flesh contains.

The flesh of swine is a particularly undesirable and dangerous food. A large proportion of the hogs killed at the Chicago packing-houses are diseased. To eat hogs that have been fed on slaughterhouse refuse and garbage, is to invite disease—and to deserve it.

Fish is a food entirely lacking in iron. This is why people instinctively eat with fish watercress, which is rich in iron. Shell fish are scavengers.

Artificial, and consequently unnatural foods, are refined cane sugar, which contains none of the essential organic salts, polished rice, which contains only a fraction of them, and white flour, which is very deficient in these necessary minerals. Also, when you boil vegetables and throw away the water, containing a large percentage of the organic salts, you might about as well put on green goggles and eat shavings or chew tea leaves after throwing away the tea.

Chloride of sodium—common table salt—is a slow poison, the ejection of which from the system involves a heavy burden on the depurative organs, especially the kidneys. Get your chlorine and sodium from natural foods, especially fruits and vegetables.

As to "mixed diet," so often prated about by shallow "authorities," it is the most illogical of all diets, the only omnivorous animal being the hog, and then only after he has been "civilized" by man.

Q. What food is good for the kidneys?

A. See preceding paragraph. Any food that is "good for" the kidneys is also good for the liver, and "lights," and lungs, and brain—for the whole man. There is but one disease, although there are many symptoms. Therefore, there can be but one diet, and the statement that "one man's meat is another man's poison" is false, except in so far as this, that some people with sick stomachs cannot

eat things that they ought to be able to eat. That, however, is not the fault of the food, but of their stomachs. An exception to this statement may be made to this extent, namely, that a small man, doing light sedentary work, in a mild climate, requires only about half as much food as a large man, doing heavy physical work, in a cold climate.

The quantity of food is really of more importance than quality, for the normal juices of a healthy body will dispose of many undesirable food substances. Ninety-nine per cent. of those engaged in light sedentary work eat from two to three times as much as they should, largely because they swallow slops with their meals, and consequently do not chew the food thoroughly, so that they swallow more than twice as much as is necessary, before they feel their appetites appeased. Then the food lies in the moist warm stomach, rots, emits gas, which presses in all directions, and there is the devil to pay —also the doctor.

Q. When shall I eat?

A. When you are hungry. And remember that there is a great difference between "hunger" and "appetite." When a piece of dry bread tastes good to you, then you are hungry. Two meals a day, omitting breakfast, with a fast once a week, from one evening meal to the next, I have found the most satisfactory plan, in my case.

Q. What is the best way to avoid catching a disease?

A. There is no such thing as contagion, in the ordinary acceptance of the word, or the "catching" of a disease from another. It is a barbarous superstition, kept up by the medical fraternity, to increase the awe in which the profession is supposed to be held by the multitude, and also, incidentally, to increase their incomes. Useless quarantines, founded on this false theory, have been the cause of an immense amount of needless expenditure and suffering. You can "catch" an epidemic disease from another just as you can "catch" an attack of seasickness from another passenger, on board ship. When atmospheric conditions are favorable for their development, and when there is a sufficiency of filth lying around loose, disease in some form is apt to become epidemic. Then, if you have foul matter in your body, you are likely to "catch" it, in a form, severe or otherwise, according to the amount of foul matter in your blood, and consequently lack of resistance. If your blood is perfectly pure, you can no more "catch" a disease than you can set fire to iron filings. Otherwise, if there are shavings there, the fire will be great or small, according to the amount of shavings present.

Has the teacher made this plain?

Now, that is all, for today. Run along, little people, and let the teacher call up one of the grades.

All of our so-called curative agents (drugs) are poisons and, as a consequence, every one diminishes the vitality of those who take them.—[Alonzo Clark, M.D.]

The talent of success is nothing more than doing what you can well, and doing well whatever you do without a thought of fame.—[Longfellow.]

The New State Medical Law

GOVT. JOHNSON, having signed the bill introduced by Senator Avey, of Redlands (Senate Bill No. 813) it is now the law regulating the practice of medicine in California. As I said last month, the bill is long and intricate, but the governor regarded it as a step in advance. It does not please either the regulars or the "irregulars," from which it may be judged that it is not altogether in favor of either side. It has some good features, while there is doubt as to the constitutionality of some of its provisions.

Under the previous law there have been eleven members of the State Board of Medical Examiners, of which, according to law, five were allopaths, two eclectics, two homeopaths, and two osteopaths. The present law provides for ten members, and gives the governor liberty to appoint from the various schools of medicine. Thus, the complexion of the Board is left almost entirely dependent upon the personal feelings of each governor. This, in some cases, might work injustice. Gov. Johnson is understood to be friendly toward medical freedom.

A good feature of the bill is that it provides for reciprocity in medical practice with other states, where the educational and professional training is equivalent to the standard prescribed in California. This does away with the scandalous condition hitherto prevailing, under which the most eminent physician in the United States desiring to practice in California would have first to undergo a kindergarten examination, sprinkled with catch questions, unless the Board happened to be friendly toward him. The decision as to such admissions is placed in the hands of the Board, but some authority must necessarily pass on such admissions.

Another provision of the law, which the allopaths do not like, as it tends to diminish the power of the A. M. A., is that prescribing the course of studies to be taken by all who apply for permission to practice medicine in California, the number of hours to be devoted to each subject being set forth, the entire course to cover four years. The preliminary school study is also specified. Two forms of certificate are provided for, one, a "physician and surgeon certificate," the other, a "drugless practitioner certificate."

The main thing for the Naturopaths to do now is to endeavor to secure for their school a fair representation on the new Board of Medical Examiners.

Farming Versus Gambling

ABOUT sixty years ago in Central California, potatoes were selling at a dollar a pound. Everyone who could do so planted "spuds" and the next year they were offered at ten cents a sack, the sacks costing fifteen cents apiece.

In March, 1912, potatoes were selling in Central California at \$2 a sack and the demand was greater than the supply. In March, 1913, they were slow of sale at 30 cents a sack, with prospects of a lower price.

So it has gone with the California farmer since the "days of gold."

Always a feast or a famine. Men have made a practice of risking all they had on one crop. In horticulture prunes, and almonds, and raisins, and olives, and several other varieties of orchard tree have been successively boomed, overdone and abandoned, and then taken up again.

What we need in California is more farming and less gambling. The man who first raises most of the food his family consumes, and then raises something to sell, will surely, in the long run, win over the man who "puts in" a big tract on the gamble of a good rainfall, meantime going into debt to his grocer for canned stuff, butter and eggs, and buying his fresh vegetables from a Chinaman.

Some of our Southern California orange growers depend entirely on their crops for a living, sometimes borrowing on them in advance. Had these men dropped a few of their aristocratic ideas and raised, besides noble oranges, a plebeian cow and chickens, a mixed fruit orchard and a vegetable garden, some of them would not have been quite so badly squeezed as they were by the January frost.

It has been conclusively shown that a family may make a good living on one acre of irrigated California land, intensively cultivated. By co-operative effort supplies may be bought lower and products sold higher, while social pleasures are available. Then, by growing all that is needed for the family, and selling the surplus, independence is assured. When such efforts fail, it is usually because the management is inefficient or the settlers lacking in grit and perseverance.

Here we may find the solution of a serious social problem—the ever-increasing drift of population to our engorged municipal centers—or cancers.

False Gods---Fame

What is the end of fame? 'Tis but to fill
A certain portion of uncertain paper.—Byron.

FAME is a nobler object of ambition than Wealth or Success, yet it is one of the false gods. Like other objects of human ambition it is found, when achieved, to be but Dead Sea fruit. How many, even of the truly great, are remembered, after their obituaries have been written and their obsequies celebrated?

Instead of trying to win fame, seek rather to do your duty and to make others happy. This will bring you a solid satisfaction and true pleasure that can never be gathered from great renown. The approval of your own conscience is of far greater value than the plaudits of the fickle multitude.

Statistics gathered by a life insurance company show that Jews are the best risks, Catholics next, and Protestants last. Of Protestants Christian Scientists rank highest, and Methodists last. Too much worry about hell fire.

The most valuable export from our country is not from the farm and the factory, but of those high, and broad ideals that make American life what it is.—[William J. Bryan.]

The Ice Habit

JWAS about to write: "Now comes the ice consuming season, in America of the North," when I remembered having seen young Americans—and some not so young—eating ice cream while wearing overcoats or furs. From January to December the jingle of ice in a pitcher is a familiar sound in American hotels.

The free consumption of iced beverages is a peculiarly American habit. This country, you may note, also leads the world in dyspepsia and dentistry. I am told that soda fountains are gaining headway in my native land. So much the worse for the English.

Ice may be a blessing or a curse. No; I was not thinking of the Titanic, but of the consumption of ice. To keep food and drink cool in hot weather, especially where you have no cellar, ice is a great convenience. To swallow large quantities of ice cold drinks is an outrage on a long-suffering stomach, and is provocative of dyspepsia and kidney disease.

Liquids should be drunk at the temperature of a mountain spring. At such a temperature they quench the thirst far more effectively than iced drinks. What old resident of the Southwest does not remember a refreshing drink from the big olla, shaded by the wide ramada of an old adobe house? There is, by the way, an improved olla of local make on the market.

When you see ice-cold and scalding-hot beverages consumed at the same meal, can you wonder that America is a paradise for dentists and doctors and "dope?" The freezing temperature at which beer is consumed does much more harm to the drinker than the three per cent of alcohol it contains. In Germany they would not permit the sale of such half frozen stuff. You may sometimes see an old-fashioned German warming a glass of beer with his hands, but most of them soon acquire the bad American habit. In a restaurant, nothing disgusts me more than to see a waiter about to plunge a chunk of ice into a glass of red wine, killing the flavor, so that you cannot distinguish between a choice old Sonoma Burgundy and a "dago red." In civilized countries they warm red wine slightly on bringing it up from the cellar, so as to develop its fine aroma. What, however, can you expect of people to whom the most delicate Rhine wine and the rarest whisky are alike simply "booze?"

Ice cream is eaten as freely in America as bread and butter. You often see men eating it. In fact, they seem to like it as much as do the women, judging from the frequency with which it is served at banquets. Members of a local baseball team are said to eat ice cream daily. Even when the cream is not doped with preservatives, it is an unwholesome food, especially eaten on top of a big meal, when the stomach needs much blood to aid in its laborious and unnatural task. It is unwholesome, first, because of the low temperature, and second, because of the mixture of sugar and cream, which readily turns the overloaded stomach into a fermenting vat. Ice cream is less wholesome than well-baked pie. If you eat it, eat it alone. Fruit ices, common in Southern Europe, but seldom seen here, are less objectionable.

They make good ice in Los Angeles. Use it in your refrigerator, not in your stomach.

The Power of the Press

A MONTH ago we had a municipal election in Los Angeles. There are six daily newspapers in the city. The winning candidate for mayor had not the support of one of these six, and was actively opposed by four, about his only journalistic support being a German weekly of limited circulation and influence. Yet he received a majority of 8000 votes out of 84,000.

Such an incident as this—which is by no means rare, similar events having happened several times in large Eastern cities—leads to the inquiry whether the much discussed “power of the press” is not greatly overrated, like, shall we say, that awful “Holy War,” with which the Turks have been constantly threatening Europe, a bogie man that scared even Bismarck. Some of us may begin to think that after all the press is like the fly on the revolving wheel. I would rather liken it to a man in a rowboat, floating down a rapid stream. By using his oars he may increase the forward speed of the boat, but he cannot propel it against the current. Such is the influence of the press on public opinion. The most successful—but not the best—newspaper, is that which accurately senses the ever-changing drift of public opinion, and then follows, while ostensibly leading it. In former days the London Times was a good example of this kind of a newspaper.

The winning candidate for mayor was also strenuously opposed by almost every parson in town, sermons against him being preached from the pulpit, on the Sunday before election. Incidentally, this serves to illustrate the power of the pulpit.

As to the result of the election, I content myself with quoting from the June number, in which I wrote: “The lesson of the recent primary in Los Angeles is that a strong minority are sick and tired of being treated like Sunday-school children.” At the election the minority proved to be a majority.

Hydrophobia

AN eminent French physician has said: “Pasteur does not cure hydrophobia; he gives it.” A sensational libel suit recently tried in England elicited scientific opinions as to the efficacy of the Pasteur treatment of hydrophobia. Boucher, a French army surgeon, testified to the fact that the popularity of the treatment is on the wane in France. He declared that the treatment is largely responsible for the increase in hydrophobia. The germ, he said, is introduced into the system, and subsequently becomes active.

It is about time that this dangerous practice should be forbidden by law in all civilized countries, as it is in England.

Big money-making is like drink—it’s a habit. At first you want money. Later you think only of the game and the money becomes the mere symbol of success. Last stage of all, you play because you cannot stop.—[Walter E. Weyl in Saturday Evening Post.]

Our Girls

LAST month, writing of what a sensation seeking press calls "white slavery," I said that mothers are mainly responsible for "contributing to the delinquency" of girls who go astray.

In a recent trial before the juvenile court of Kansas City, Kan., girls of twelve and fourteen told on the witness stand a story of depravity that could only be equalled in a brothel. During the recital they winked at the boyish companions of their orgies. Not a blush mantled their cheeks. The mother of one child told the court her girl was no worse than the average, only she happened to be caught. The judge admitted she was right. Twenty-five boys and girls were concerned in this case, in one school. Similar conditions prevail in thousands of schools throughout the country. Mrs. Eugenia St. John of Denver, an ordained minister and evangelist, and a leader in the work of the Nation Anti-White Slavery Association, recently declared that 80 per cent. of the school children in the larger cities of the United States are immoral. This may be an exaggeration but conditions are bad enough. What do the mothers know of it? Some do not seem even to care. Poor mothers! Many of them forced by circumstances to bear children repeatedly against their will. Can it be wondered that there is lacking some of the affection that comes when a woman of her own free will begets and bears a child?

Responsibility for vice conditions is, however, by no means confined to mothers who are indifferent toward their children. Many a loving mother, who would give her life for her daughter, is indirectly the cause of that girl's ruin. By "ruin," mind you, I do not mean a single indiscretion. Under that interpretation a large proportion of the women of this and other countries where girls are not carefully guarded would be "ruined." I mean the wreck of body, mind and soul that is the end of a great majority of those who tread what we are pleased to call the "primrose path," just as we refer to hollow-eyed Magdalens as "filles de plaisir."

The way in which many "respectable" American mothers permit their daughters to associate intimately and privately with men of whom sometimes little is known, creates amazement in the minds of visitors from Europe. We should not be surprised that abortion is far more common in America than in any other country. It is only lately that we have begun to establish foundling asylums. Many American mothers, when taxed with this laxness, indignantly resent the suggestion that anything wrong could possibly happen to Our girls. To foreigners, yes, but if you please American girls "know how to take care of themselves." What fatuous folly! As if the same instinct of sex, the most powerful force alike in human and animal nature, implanted there to insure the perpetuation of the race, was a matter of nationality or custom. As if young men and women, just past the age of puberty, with the hot blood of youth coursing through their veins, might be expected to withstand temptations their elders could not resist. How many mothers teach their young daughters of these things? All that is usually needed to fan the smouldering fire of sexual passion into a devouring flame is Opportunity and misguided parents see that this is not lacking. Perhaps the temptation

comes in the shape of lewd dances which among primitive people serve as an incitement and introduction to the sexual act. Many girls are offered up like lambs to the slaughter. Then, when the inevitable happens, the distracted mother wails: "Who would have thought that such a thing could have happened to Our Jennie. She had no male friends that I did not know of."

The report of the investigation of the Illinois Vice Commission has been published in book form, under the title "The Girl's Fight for a Living." These facts seem to be established by the report:

(1) That the allurements of dissolute men is the greatest contributing cause; (2) that parental neglect is prevalent in our cities to a sorry extent; (3) that sex emphasis in immodest dressing by girls is helping to produce a bitter harvest for many of their sex; (4) that the modern public dance hall and the "rag" dances are breaking down the modesty of the youth at an alarming rate.

E. Norine Law, in her book "The Shame of a Great Nation" has written:

"There are, to put it mildly, hundreds—yes thousands—of trusting mothers in the smaller cities, the towns, the villages and farming communities of the United States, who believe their daughters are 'getting on fine' in the city, and too busy to come home for a visit, or 'to write much,' while the fact is that these daughters have been swept into the gulf of white slavery."

If you let your children play with fire, you have no right to be surprised when they get burned.

Young Christians

WHEN the first Young Men's Christian Association was started, by a good London merchant, whose shop was under the shadow of St. Paul's, its main object, as the name implies, was religious teaching. Of late, if we may judge from stories, reports and rumors that come from several cities of the United States, some of these institutions have been wandering quite far from religion—or from morality—which is better than religion.

Physical training and penmanship are good, but they are not so important as the building of a good moral fiber. Let institutions for young male and female Christians not lose sight of this important truth.

Thought

THOUGHT, to the man that never thinks, may seem
As natural as when asleep to dream;
But reveries (for human minds will act)
Spacious in show impossible in fact,
Those flimsy webs; that break as soon as wrought,
Attain not to the dignity of thought;
Nor yet the swarms, that occupy the brain,
Where dreams of dress, intrigue, and pleasure reign.

William Cowper.

Mixing and Messing Foods

AFEW weeks ago I received the following suggestion from Robert L. Quinlan, who has a fruit farm at Olathe, Colo.:

There are rules and rules upon diet, but how is this: In simplicity there is safety; in complexity there is danger. Let the word "simplicity" mean freedom from mixture rather than lack of variety, and there you are. The worst evil of our diet consists of the mixtures, messes and conglomerations. When foods are mixed before eating, natural appetite ceases to be a guide—it is then hard for Mother Nature to recognize her own products. Think of the "good" things made by mixing flour, butter, eggs, cream, sugar, starch, gelatine, chocolate, spices, etc., etc.! And the butter makes the bread "good," gravy makes the potatoes "good;" and cream-and-sugar makes most any old thing "awfully good," and so on. Any food that requires something "on it" or something to be "made" from it, may be put down as inferior from a dietetic standpoint. So from the great variety of products supplied by nature, why not select those we wish to eat, and whether few or many at a time, cooked or uncooked, serve each kind by itself; and not pour on, spread on, or shake on, something or other to make it "good."

Mr. Quinlan is quite right. He says what I have said many times and shall say again. He touches upon one of the most important truths in regard to diet. The eating of few kinds of food at a meal is of more importance than what food you eat. A great many digestive ills are due to the mixing of many foods together, especially of foods that do not agree with each other. Just imagine, if you can, what you would see if you could peep into the warm, moist interior of a man's stomach after he has indulged in a regular banquet, extending from cocktail to black coffee.

Vegetarians are by no means free from this error. Most of them mix, mess and muss up altogether too many starches and sweets, causing fermentation. This is why so many of them have a pallid complexion.

Of late there have been attempts, here and in England, to adopt the "mono-diet"—eating only one food at a meal. This alone would often cure many cases of gastric disturbance. However, as I wrote to one of the proponents of this plan, you cannot get one out of a thousand people to go so far as this. They are not yet ripe for it. Consequently, as I am trying to do what can be done, not what ought to be done, I recommend my consultants, and readers, to eat as few varieties of food as possible at a meal, and foods that agree with each other, changing the menu at each meal.

After a man has acquired normal hunger—which should by no means be confounded with appetite—he discovers that a simple meal of a single undisguised and undoped food tastes far sweeter than do the dainties of a twelve-course banquet to the jaded palate of one who regularly eats too much, and of too many things at a time, and whips his over-worked appetite with stimulants.

To thine own self be true,
And it must follow as the night the day,
Thou canst not then be false to any man.—[Hamlet, Act I. Sc. 3.]

Why They Want Compulsion

THE persistent demand for legislation by the allopathic school of medicine is an admission of weakness and defeat. As a writer in *Medical Freedom* says:

If the newer schools, systems and methods of cure were unsuccessful, there would be no clamor for restrictive legislation. It cannot be too often impressed that protective legislation is never asked for by a class if the competitor is unsuccessful. Furthermore, if the old school doctors represented an infant industry, there might be some valid reason advanced for the protective legislation they desire; but they have had the benefit of priority in position, governmental recognition, conventional sanction, antiquity, and, indeed, almost every conceivable outside aid to give them advantage over their competitors; yet they have failed successfully to compete with the newer schools, where the bedside test was the criterion. Hence the cry for restrictive legislation, under the pretext of protecting the people from themselves; in reality, for the protection of an unsuccessful privilege-seeking class by granting it monopoly legislation.

In other words, the demand for legislation to compel the people to do what they do not wish to do is the wail of the unsuccessful doctor who desires to outlaw successful practitioners of other schools. Do you doubt this statement? Here, among others, are a few recent outgivings of physicians of the regular school:

As time goes on, we find patients grow fewer each year. We go on hoping for better times, only to encounter worse ones.—Dr. Thomas Dixon in the *Medical Record*.

Medicine as a livelihood has arrived at the most critical period of its existence. The economic status and outlook of the profession is nothing if not pitiful. The very existence of the doctor is at stake.—Extract from letter sent to members of the A.M.A. in Illinois, by the Public Relations Committee of the Chicago Medical Society, June 28, 1912.

The law we must have. . . . These laws must reach into all the relations of life. Compulsion, not persuasion, is the key-note of State Medicine.—Dr. Sam. S. Dixon, head of the Medical Department in Pennsylvania.

Of course these claims are put forward under the plea of protecting the public health—a thin subterfuge. Enforce ordinary cleanliness, and you have done as much as you should do in this direction.

The Weaker Sex

JF our young men continue to smoke cigarettes and drink cocktails and hang around poolrooms, and our young women to play tennis and golf and hockey, we shall not much longer be in doubt as to which is the "weaker sex," or as to the result of Gertrude Atherton's predicted sex war. However, "la donna e mobile." Perhaps, before long, fashions in females may change, and a reaction set in to the wasp waisted, pallid, drooping, hysterical maiden of the early Victorian period. Let us hope not, for it would be a pity and a shame.

But words are things, and a small drop of ink,
Falling, like dew, upon a thought, produces
That which makes thousands, perhaps millions think
—Byron.

Briefs

Gen. Keim, of Germany, says: "To be manly is to have the capacity to hate." Jesus of Nazareth said: "Love your enemies."

Dr. J. P. Connell, of Wisconsin, testified in court that it is not very unusual for a surgeon to open the wrong side for appendicitis. Sounds hardly credible.

George Ury, having served twelve years of a life sentence for a murder he did not commit, has been "pardoned" by Gov. Cox, of Ohio. How about restitution and recompense?

Maintaining an army on a "peace footing" is bringing ruin to many German farmers.

A woman who fought through the Civil War, and lived since as a man, has been found at the Quincy, Ill., Soldiers' Home. Some say a woman cannot keep a secret.

Chicago, which owns or controls its municipal railroads, has abolished strap hanging. Good for Chicago.

Three were killed when lightning struck the spire of a Presbyterian Church in Stratford, Ont. What is the moral?

Tight gowns are worn in Paris by loose women. Here they are also worn by women who are only foolish.

Cleveland children have been exposing dead cats and rats to breed flies for prizes. "Swat the fly" is foolishness. Remove the filth.

A woman is quoted as saying that 99 of 100 slim men are cranky. I am considerably under-weight myself.

The Navy Department is experimenting with a new tuberculosis serum "made in America." Are the army and navy to become institutes for medical research? No wonder enlistment is falling off.

At a W. C. T. U. gathering in Washington the cause of insanity was variously attributed to tobacco, alcohol, immorality, coffee, tea, and dress. How about diet and business competition?

Our esteemed colleague of the Southern California Practitioner is at odds with our esteemed colleague of the California State Journal of Medicine. They should hang together, or —

It is good that meat prices are rising, for it will teach many that they can save both money and health by abandoning meat.

Now comes a German cancer expert with a vaccine cure for cancer. Another predestined failure. These serums are causing cancer.

An election day in Los Angeles emphasizes the need for more "comfort stations." The W. C. T. U. should see about this.

A man who complained of cruelty to a horse to the Los Angeles S. P. C. A. says he was told they could not do anything unless the horses are poor or sick.

Deaths, accidental and intentional, from bichloride of mercury, are common. Why have such a deadly poison in your house?

"Doctrinal unity is a hopeless task in Protestantism" says Dr. Matthews, Dean of Theology of the University of Chicago.

Wedding invitations, like many other things now-a-days, have developed into a polite form of graft. Some of them seem to be weddings for revenue only.

Rain in Central California at the end of May made horticulturists and hay men sorry, and caused cattlemen to rejoice. Even God cannot please everybody.

The Methodist Preachers Association of San Francisco protested against holding State Normal School graduating exercises on Sunday. Is it a wonder that the Protestant Church is losing its influence?

I am told that California has more automobiles than Germany and France combined. Also, that Los Angeles and Pasadena together have more automobiles than Chicago.

The taxes of the world have doubled since 1897. Largely due to unnecessary wars. How long will the fool people stand it?

A Chicago policeman, who retired on \$50,000, says the way to get rich is to give all your money to your wife and stay out of saloons. Sounds simple.

Free sugar will hurt the sugar beet growers, please the sugar trust, and further injure the health of the American people.

Passengers from San Francisco to Alaska were forced to be vaccinated before they were permitted to sail. A sample of what a National Bureau of Health would give us.

They say Morgan was in Rome to reorganize the finances of the Catholic Church throughout the world. This would be the biggest money trust ever known. Perhaps it is well that Morgan died.

Municipal ownership must be making headway or it would not be thought necessary to start a free periodical to oppose it.

As an aggravating example of civilized imbecility I point, without pride, to the digging up of expensive newly laid asphalt pavements.

Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

Vol. II

LOS ANGELES, JULY, 1913

No. 2

Know Thyself

THE average merchant or manufacturer would be ashamed to confess that he did not know the details of his business. Yet, when it comes to his own body and its functions, he usually is densely ignorant so that, when he gets a belly-ache, from dietetic indiscretions—self abuse—he runs to a doctor to have something cut out.

The leading article in this number may give some of you busy business men food for thought. "What shall it profit a man if he gain the whole world and lose his own"—health. I assure you, gentle reader, you will find it a good investment to study yourself.

Slow Progress

AMERICANS boast of being a progressive people. In some ways they are, in others not. Only within the past two years have we introduced postal savings banks, parcel post, and income tax. When I was a boy in England I had an account in a postoffice savings bank. The income tax was then six pence in the pound ($2\frac{1}{2}$ per cent.) on all incomes over \$750. Fifty-two countries and states now impose an income tax. When I was a young man in the manufacturing business in Switzerland I sent all my packages by mail, and I have often seen a letter carrier delivering a live calf to its destination.

These reforms have been delayed, not because our people did not want them, but because they permitted selfish interests to stand in the way. Now that public sentiment has been aroused, other needed reforms will follow.

More Books

I HAVE added a few more good books on health to those that may be ordered through the Naturopathic Publishing Company. This will be about the limit. If people read too many books on a subject they become confused, unless they are thoroughly well grounded. Each of these books I have selected is one of the best of its kind, and all are indorsed by me.

Why I Left The "Times"

SEVERAL correspondents have asked me why I left the Los Angeles Times, where I worked as a laborer in the editorial vineyard for twenty-five years, editing the Care of the Body department during thirteen years of that period. Instead of replying directly I will tell you a little story:

Once upon a time there was a man who died and went to heaven. After he had been there a week, Peter's major domo reported that the fellow was a nuisance, raising such a continuous disturbance that he had become unbearable. Said Peter, "Send him down below." And down below he went. Ten days had not elapsed before Satan's Chief Fireman came and complained that the man was preaching insurrectionary doctrines, and threatening to upset the system of government that had prevailed from time immemorial in the Infernal Regions. Satan scratched his head with the tip of his tail, and after a few moments of reflection said: "Give him some sulphur and brimstone, and let him go out and start a little hell of his own."

High Duties and Low Morals

DEMOCRATS who have been howling for many years for reduction or abolition of the tariff remind me of the old Frenchman who rushed to the bank, having been told that it had suspended payment. His money was shoveled out to him, whereupon he explained that he only wanted it if he couldn't get it, but that if he could get it, he didn't want it. Or, like Mark Twain, they are willing to sacrifice all their wives' relatives on the financial altar of their country.

All the same, the tariff, whether it is or is not the "mother of trusts," is surely the parent of lying, hypocrisy and deceit. Newport society queens and Quaker City merchant princes alike set a brilliant example to the young by systematically swindling the government. And now Germany is threatening trade reprisals, because Uncle Sam proposes to inspect the books of German exporters, and see how much our honorable American importing firms make them under-invoice their goods. I know something about that rottenness, for I was in the manufacturing and exporting business in Switzerland for several years. High duties and low morals go together.

"Behold in these what leisure hours demand
"Amusement and true knowledge hand in hand."

You may find good suggestions among the Answers to Correspondents.

Interpreting Knowledge

MATTHEW ARNOLD wrote:

The great men of culture are those who have had a passion for diffusing, for making prevail, for carrying from one end of society to the other, the best knowledge, the best ideas of their time; who have labored to divest knowledge of all that was harsh, uncouth, difficult, abstract, professional, exclusive; to humanize it, to make it efficient outside the clique of the cultivated and learned, yet still remaining the best knowledge and thought of the time, and a true source, therefore, of sweetness and light.

Without any pretension of being one of the "great men of culture," this is just what I am trying to do.

Pass it Along

THE primary object of this magazine is not to make money, although, of course the owners and the editor have to live—or at least they think they do. Both the owners and the editor have chiefly in view the objects stated on the cover—the nature cure, the education of the people, and medical freedom.

If these objects meet your approval, you may, without much sacrifice of time or money, do something to aid the cause by passing the magazine along, either in the shape of a subscription for a friend, or the names of a few friends to whom we shall be pleased to send sample copies.

A Penny for Your Thoughts

WHAT do you think of this magazine "anyway"? Write me a few lines, if only with pencil on a postcard, saying what features you like best, and which least—if there are any such. Honest criticism is always welcome. I get plenty of taffy, so cut that out. As you know, I disapprove of cane sugar. I cannot say that your suggestions will be adopted, but I do promise that if they deserve it they shall have respectful attention.

P. S.—Religion and politics barred.

Government

SEEING that man has not yet learned to govern himself, it is obviously absurd to suppose that he should be able successfully to govern others. The ideal form of government would be an absolute despotism—if one could always be sure of finding just the right kind of despot. That being hopeless, it seems that we are threatened with a choice between Plutocracy and Socialism. Of the two evils, I prefer the latter. It is less coarsely brutally and disgustingly selfish.

Brooklets

WHEN the Supreme Court renders a 5 to 4 decision, is that the "majesty of the law" or 25 to 20 per cent. of human opinion?

* * *

The better the climate the lower the wages.

* * *

It is a relief and a surprise to encounter a low well-modulated voice in an American woman.

* * *

What a queer idea that whisky prescribed by a physician is less harmful than whisky served by a barkeeper.

* * *

"Health associations" should rather be called "disease associations" for that is what they mostly discuss.

* * *

A man may be religious yet immoral, just as a man may have a clean skin over a filthy colon.

* * *

We may expect before long to see beggars soliciting from motor-cycles and circulars distributed from aeroplanes.

* * *

Americans witness baseball; Englishmen play cricket.

* * *

If you take from the dramatist and novelist the temporary insanity of sex passion how much remains?

* * *

The "faddist" of today is the "authority" of tomorrow.

* * *

Manufacturing war scares for mercenary purposes is getting to be quite a science. Dirty business.

* * *

How many people talk and write without saying anything.

* * *

Women are rarely accosted in public places unless they invite it by look, gesture or appearance.

* * *

Some people still believe sickness and death are of divine origin. Putting the blame for their sins on the Almighty.

* * *

Seek first the kingdom of Health and its joyousness, and all other things shall be added unto you.

* * *

Courtesy is cash. I often walk several blocks to be waited on by a smiling, courteous clerk instead of one who throws words and things at you.

* * *

Genius is a form of insanity, but every insane person is not a genius.

* * *

Five minutes' exercise daily is better than an hour weekly.

Chiropractic, as the Chiropractor Sees it

IN the minds of many of the laity and of the profession as well, there seems to be an idea that chiropractic is a sort of limited osteopathy, or a small section of naturopathy, or simply one of many ways of doing the same thing in treating disease, perhaps no better, if as good as the others. It might be well for both to carefully examine the grounds upon which is based the claim that chiropractic is not only a distinct science, but one well in the front rank of successful methods of healing. I here present the chiropractor's view point:

Every function of the body is carried on by a force which originates in the brain, passes along the nerves to the organ, where it is expended in the especial work for which it is adapted. Whatever its name, its relation to the body is best illustrated by electricity, the dynamo and the motor. So as the carrying capacity of a wire may be lessened by reducing its diameter, just so the vital force or energy may be shut off by interference of any kind diminishing the carrying capacity of the nerve which connects the organ with the brain. The result of interference is in both cases the same—imperfect function in the organs, inefficient service in the motor. The mechanic may overhaul the motor and put its several parts in perfect working order, but until its proper connection with the source of power is restored, nothing but imperfect service can be rendered.

That which interferes with proper function in the body and is the prime cause of disease, in the large majority of cases, is pressure upon nerves in the region of the spine. This usually occurs at the point where they pass through the openings between the vertebrae on their way to the organs or tissues where their work is to be done. These openings may be partially closed in many ways. The discs of cartilage, between the bones, may become thinned or softened, allowing them to approximate too closely. They may be in an abnormal position, too high or low, too much right or left, too far forward or backward. Each of these may cause impingement of the nerve. There may be misshapen bones, or deposits of bony substance partially or wholly closing the openings. Contracted muscles often draw the vertebrae to one side and may even cause pressure upon nerves passing over or under them. Whatever the cause, it is the chiropractors' work to remove the pressure and restore a normal nerve connection between the brain and the organ.

To illustrate. There may be pressure upon the nerve emerging from the spine between the fifth and sixth thoracic vertebrae. This nerve carries the vital energy by which the stomach performs its functions. There may be poured into the organ any of the host of stimulants or correctives with which the pharmacopia abounds. A rigid course of dietetics may be adopted; there may be various manipulators, massaging and stretchings, various baths, electricity, violet rays, steaming and sweating, and the exercise of every pathy in existence. There may be relief and temporary benefit from some of these agencies, but until the normal connection has been restored between the stomach and the brain there can be no cure of the disease.

This restoration may be and often is brought about ignorantly. For instance, a certain system of healing employs a preparation composed largely of cocoa butter which is rubbed into the skin on each side of the spine for thirty minutes or more each day, sometimes for months. If the vertebra has been drawn out of line and pressure caused by the contraction of muscles on one side, the constant massaging may correct this and the vertebra is brought back into line. In this way some remarkable "cures" have been effected, the emollient used having no curative property whatever. A large number of cases known to the writer received no benefit from the treatment. The same may be said of all manipulative work of whatever name. Sometimes similar results come from the use of electricity. Often the strain of muscles in daily work brings about a restoration. However accomplished, unless this pressure is removed, it is absolutely certain that nature will not and cannot cure. Hence we have all about us the lame, the halt, the blind, and physical and nervous wrecks who are continually being treated, drugged and manipulated, all to no purpose except to enrich the practitioner.

Let it be understood that no claim is made by the writer that the science of spinal adjustment is the simple and easily acquired art which many claim. Often remarkable results follow crude work, especially when pressure exists at one or two points only, and these at vertebrae easy of adjustment. Most specific diseases are the result of a combination of pressures, the determination and reduction of which requires the greatest of technical and manipulative skill. When we consider the fact that no two spines are alike, differing from each other as do human faces, we must see that only by long study of the living spine and the acquirement of a delicacy of touch which few attain, can a practitioner become competent to handle the more serious and complicated cases. Chiropractic is passing through that period which every new system of healing has met, where ignorance and cupidity are exploiting it for selfish ends.

There is no question that when the time comes that the public is enlightened as they will be upon health matters, they will demand that the method which will relieve suffering in the shortest time and at the minimum of expense, be used. Then a thousand present-day fads will be relegated to the scrap heap, along with the medicine cases of the regulars, and chiropractic adjustments will be given in every practitioner's office.

N. W. PHILBROOK, D.C.

Los Angeles, June, 1913.

Monthlies Versus Dailies

FOllowing is an extract from the San Francisco Wasp, a journal which I edited in 1880-81:

"Editor Harry Brook is a good example of the journalist who works anonymously for the best part of his life on daily newspapers, and when the diurnal grind begins to prove too much for his nerves and patience seeks some less strenuous form of brain work. He was for twenty-five years on the editorial staff of the Los Angeles Times, and helped to make that journal the great property it has become."

As to the strenuous part of the business, editing this magazine is not altogether a bed of roses. Between writing monthly about 20,000 words of original stuff, and attending to a large amount of correspondence, there is not much time left to loaf. Still, it is far better than the daily newspaper grind. One has some time to think. The only kind of periodical I know better than a monthly, is a quarterly or an annual.

The average length of the unnatural life of a morning newspaper man, in large cities like New York or Chicago, is short. Newspaper men sometimes become editors or authors, but they are exceptions. The big daily newspaper is like a vampire, sucking out the physical and mental energy of those who create it. An old man is as rare in a newspaper office as young men were in the councils of Greece, while even middle aged men are scarce. This, and the lack of time for reflection, explains most of the banalities we so often encounter in the daily papers. When, therefore, you come across something that shows unwise, or inexperience, do not blame the paper, but rather blame a public that demands its half-baked mental meals served hot from two to six or more times daily.

Billy's Bad Break

BILLY SUNDAY, who recently received \$23,000 for seven weeks of "soul saving" in one Pennsylvania city, made a public apology in South Bend, Indiana, and retracted a statement that Schumann-Heinck and other opera stars are "cheap skates" when compared with mothers who rear children. The revivalist revised his opinion when Schumann-Heinck told of her eight children, and her ideal family life. It is said to have been an eye-opener to Sunday.

It would be well if other soul savers for revenue, ethical and unethical, would inform themselves about a subject before they proceed to "shoot off their mouths." There are good men and women on the stage and there are rogues and hypocrites in the pulpit.

Diet and the Race Problem

AMID the many flippant and foolish remarks by Eastern publications on the California-Oriental question, displaying the gross ignorance of the writers, one begins to note a few articles of a different type, showing that gradually a few of those who think are beginning to realize that this is not merely a California question, or a Pacific Coast question, but a world question. Among others, Collier's Weekly has published several prominent articles on the subject, under the heading: "The World's Most Menacing Problem." Unless this problem is diplomatically handled, it is likely in the near future to lead to a contest in comparison with which our civil scrap over the negro would be as a street riot to the battle of Armageddon.

In the Los Angeles Times of Sunday, May 25, was published an interesting letter from Tokio, written by Dr. J. Ingraham Bryan, editor of the Japan Magazine of Tokio. Following are extracts:

"Now the secret of this admitted superiority of the East to the West in certain significant respects is worthy of the world's most serious consideration. The East expects to win; and many there are who believe it will win. Let us ask, therefore, how it expects to attain this achievement. It is not a matter requiring very elaborate elucidation. As a rule the secret of survival in this world is simply the capacity to adapt oneself to environment and to be able to endure the worst. The oriental is a man who has learned the utmost limit of endurance; he has, in fact, endured to the end, and will be saved. The West has never known the suffering that for ages has trained and tried the East. The swarming humanity that peoples the Orient today is but a remnant that has proved itself fittest to survive of greater millions swept away by the numberless calamities of the past. Remnants they are of the overwhelmed multitudes; they have survived the sea of pain and sorrow surging over the East through immemorial time. Out of oceans of anguish they have come in triumph, having defied plague, pestilence and famine; battle, murder and sudden death, heat, cold and savage decimation; and today the oriental stands as a monument of endurance beyond any mortal known to man. The man of the East has proved his capacity to adapt himself to all circumstances and, therefore, his fitness to live. He can underlive, and therefore he can outlive, any occidental. . . .

"In this simple power of living the so-called higher races are far inferior to the races of the Far East. Though in physical energy and intellectual resource the occidental excels the oriental, he cannot keep himself up except at an expense wholly incommensurate with racial advantages. The oriental can do all that the occidental can do in the same time and by the same means, but with far less expense. The occidental cannot live save at a cost sufficient for the maintenance of twenty oriental lives. Many of the larger animals of the earth have become extinct on account of the costliness of their upkeep; and for the same reason the so-called superior races may perish unless they learn greater frugality."

The race problem is, indeed, to a great extent a food problem. No nation that lives largely on flesh food can long exist, for two reasons. First, it outgrows its food supplies, and second, it becomes decadent, and an easy prey to nations living on a frugal vegetarian or fruitarian dietary, conducive to endurance and long life. We have seen a recent example of this in the case of the Balkan war. As I showed last month, an acre of land will only yield, on the average (water-free) 180 pounds of flesh food, whereas it will yield, in pounds, of wheat (water-free), 1000; oats, 1600; walnuts, 1900; potatoes, 2200; apples, 4000; bananas, 22,000 pounds.

Dr. Bryan goes on to advise that we should breed more prolifically, as the only means of competing with the people of Oriental countries. Here I cannot follow him. If the only chance of the Occident is to breed like rabbits, and compete with a people like the Chinese, who hold life so cheap that for a few hundred dollars one can buy a substitute to be beheaded, and where infant girls are drowned, when they cannot be sold, then I say, let the white race die a natural death. However, that is not necessary, if we reform our gross and extravagant habits of eating and living, and turn to plain

living and high thinking. Again, as to population, that of Belgium is two and a half times as dense as that of China, although it is true that in some districts of China the people are packed like herrings in a barrel. Meantime, as to the question in its local aspect, I repeat what I said last month:

"Be sure that we Californians will not give up without a struggle our adopted state, the grandest in the Union, to Chinese, and Japanese, and Hindoos, and Mexicans, to satisfy the greed of California land owners, who know what they want, or the theories of Washington politicians who do not understand local conditions."

What the Los Angeles Directory Shows

HERE comes the Los Angeles City Directory again, as regular as clock-work, and full of facts. This is one book where one may be sure to encounter no padding.

One can gather a lot of information from a city directory, if you know how to look for it. To begin with, the directory is our best guide to population. It is more accurate than the census, because the directory enumerators are paid by the day, and, therefore, have no temptation to skip "dry" territory. Reckoning on a conservative estimate of two and one-fourth to each of the 214,852 names, the population of Los Angeles, when tabulating closed, was estimated at 483,417, an increase over last year of 64,321—not so bad, even for Los Angeles. Estimated on the same basis as last year, we should have a population of 525,000, because there are nearly 25 per cent. more names than last year, when the population was estimated at 419,000. There is no doubt that the population of Los Angeles today is close to, if not quite, half a million—quite a jump from the 12,000 of thirty years ago.

The directory throws an interesting light on the occupation of our people. As usual "real estaters," like Abou Ben Adhem, lead all the rest, with a total of 2556. If all these depended entirely for their living on real estate commissions, many of them would have to go hungry, but then, the real estate business, like charity, covers a multitude of—well, of other things. Among other occupations are: Grocers, 2022; furnished rooms, 1518; attorneys, 1106; physicians, 948; building contractors, 918; nurses, (aside from those engaged in hospitals), 858; apartments, 726; music teachers, 690; restaurants, 618; tailors, 585; dentists, 429; shoe repairers, 330; cafeterias, 42.

From this outside readers of BRAIN AND Brawn may gather some idea as to what kind of openings there are here. Envious neighbors, who wonder "what we live on" may perhaps be interested to learn that the directory shows 2500 manufacturing establishments in Los Angeles, with an annual product estimated at \$100,000,000. The volume also contains a condensed story of the growth of Los Angeles since 1880.

Getting up a city directory is a man's job. I have often said that the only kind of publication better than a monthly is an annual, but I would not care to edit such an annual as this.

The Dry Diet Cure

YEARS ago a simple German farmer stumbled over a natural law and founded a system for treating diseases which became famous through its phenomenal success. One of the beneficiaries of that system, a keen observer and scholar, introduced it in this country and, with some important modifications, has practised it here over forty years, effecting many marvelous cures. Here is the law:

All plant and animal life requires certain quantities of water to maintain normal conditions. Excess of such quantities causes abnormality. When abnormality appears, nature, when uninterfered with, eliminates the water and restores normality. As all articles of food contain water, the question naturally turns upon the diet, which in case of abnormality must be selected to minimize the water supply.

Simple as is this law, it operates without fail. It is the philosopher's stone in the treatment of diseases.

809 Yale St., Los Angeles.

SIGISMUND DANIELEWICZ.

The Real Mrs. Pankhurst

FOllowing is from an article in the London Mail, an avowed opponent of the methods of Mrs. Pankhurst's followers:

"Mrs. Pankhurst boasts no masculine element in her make-up, being all woman—all tears or smiles or impulse or joy, as the mood seizes her. She revels in bright color, or in candy, or in music, or in fine flounces. She bastes, cooks, sews, sweeps, sings lullabys and bends over cradles. Her lady friends, whom she helps to dress the children, call her Emmie. She makes the best jam in England. She loves waltzing.

"Emmeline Goulden, as she was in her maiden days, was remarkable for a girlish prettiness which time and hunger strikes have not effaced. One's impressions of her physique are colored too vividly by the platform gestures she affects, the bold defiance of police in public, the worn visage emerging from jail after a sentence of many months. At home Mrs. Pankhurst brings you a cup of tea with dainty white hands and wears the neatest of pink frocks under a laced apron. There is in the steely gray of the eye, lurking behind long lashes, all the old vitality of her girlhood. The figure has not the angular effect given by the flashlight photographs taken under trying conditions. It is round, lithe, unspoiled by self-indulgence and unpampered by the art of the corsetiere. The face is smooth of cheek, noble at the brow, well balanced at chin and ear, remarkably free from lines. The voice of Emmeline Pankhurst is low and pleasing. She has no emphatic mannerisms, no strident gestures. The expression of the woman in repose is formed upon a keen sense of humor, a love of fun, a sprightliness which the jails can not extinguish. She romps and runs and laughs at home. She is a wonderful mimic. . . .

"The efforts of Emmeline Pankhurst to make a place for herself in one of the liberal professions forced the question of woman's rights upon her attention before she had been a self-supporting widow three years. Local influence procured her an important post in the civil service. Her promotion was blocked by her sex. She raised an outcry only to be forced into resignation. From that time she espoused the cause which has won her worldwide fame. . . .

"From the beginning, it was she who raised the money and formed the brigades. When she appeals for funds, the listening women take off their bracelets and their rings, empty all purses, pledge incredible sums. When she calls for volunteers to burn houses, to invade the homes of ministers, to hurl hammers through plate glass windows, cut telegraph wires, the responses on the part of young, devoted, frenzied women suggest the work of Peter the Hermit. . . .

"The methods of Mrs. Pankhurst suggest militarism in every detail. She is understood to have studied the career of the late General Booth of the Salvation Army with such thoroughness that her own Women's Social and Political Union has become a kind of feminized barracks. The raw recruits are separated from the seasoned campaigners through a discipline of which the lady herself keeps the secret closely. No irresponsible zeal is tolerated. Displays of enthusiasm unauthorized by the leader herself bring about expulsion. There are some half dozen tried followers through whom the orders of the chief are transmitted. A system of code signals and cabalistic alphabets can defy all but the initiated. Mrs. Pankhurst keeps in her head a list of seven hundred of her followers who, it is said, will do anything at any time, whether it be the hurling of bombs at a Prime Minister or the kindling of a conflagration to set the whole of London afire. The rank and file must content themselves with street meetings, the distribution of leaflets and the collection of funds. By the time a girl has shown persistence, courage and intelligence, she receives encouragement in the form of permission to interrupt public assemblies with cries of 'Votes for Women.' Should she emerge with credit from an ordeal of this nature, she may be allowed the luxury of ringing the front door bell of a cabinet minister. Only the veterans form the brigade which comes into physical conflict with the police.

"At every stage of a campaign the recruits and the seasoned Amazons must render the strictest obedience to orders. Mrs. Pankhurst reserves the right of expulsion to herself and it has been exercised with unsparing abso-

lutism. Sickly, flighty and adventurous girls are held at arm's length. Every penny collected for the cause must be accounted for at headquarters. A rigid system of boycott is applied to tradesmen who give evidence against a suffraget in court. Lists of women friendly to the movement but who can not, from motives of expediency, be openly ranked with the agitation, are used for emergency subscriptions and for special service. Over this elaborate crusade Mrs. Pankhurst herself holds a sway which no one in the militant sisterhood would even dream of questioning."

A Wholesome Summer Drink

TAKE a wine glassful of grape juice, red or white. The white looks better, and some enjoy the muscat flavor. Place it in an ordinary water glass, and then fill the glass with water. Add the juice of half a lemon. This drink is appetizing, wholesome, and nourishing. Apple juice or pineapple juice may be used for a change, or if you cannot get fresh juice you may pour boiling water over prunes and soak them over night.

Fruit juice should never be drunk undiluted, any more than milk, or anything else except pure water. It is a food, not a drink, and should be "eaten." That is why it causes distress to many people when they attempt to use it, without thoroughly mixing it with the saliva. Think how many grapes would be needed to make the glass of juice you swallow in a minute. About a pound. Not being prepared for digestion, it ferments in the stomach. Even when diluted it should be sipped slowly, not swallowed in gulps.

The California grape juice—you can get both the white and red varieties from Otto Carqué—is heavier than the New York juice, made from Concord grapes, because the California grapes get more sunshine, and consequently develop more sugar.

Syphilis and Marriage

LAST month, referring to a bill that passed the California Legislature, requiring medical marriage certificates, showing that the would-be bridegroom is free from venereal diseases, I commented on the unreliability of the Wassermann test of syphilis. In an article in the California State Medical Journal for June, on "Wassermann Reactions," the writer says:

"To be sure, it is a relative pathological test, quantitatively specific. It depends for its results upon the assay of an indefinite body, measured by an accidentally applied and misunderstood phenomenon."

Not a very solid foundation upon which to base permission for a man to get married, is it?

Last month, when I wrote on this subject, I mentioned that I had written to Governor Johnson asking him to veto it, or withhold his signature, and requested my readers to do the same. A dispatch from Sacramento, dated June 11, stated that unless the people ordered such a measure through the initiative this bill will not become a law, because Governor Johnson had found it to be unconstitutional. The people of California are not likely to invoke the initiative for this measure, if they understand its full import. Whether it is unconstitutional or not, I do not know, but I do know that, as I said last month, it is useless for protective purposes, and opens a wide field for blackmail and graft.

This measure was backed by California club women, who undoubtedly meant well. No one can accuse me of lack of enthusiasm for eugenics—for the better bearing of children, and the protection of wives from lustful, villainous or careless husbands. Only recently one of my consultants, suffering from a blood disease, wrote that her husband, from whom she was divorced, had not told her he had disease in his blood until after they married. I told her he was a damned scoundrel.

The theory of such a law is good, but the proposed California statute is bad and impracticable.

The Literary Digest has 37,000 American lawyers as subscribers. Yet it is not a law journal.

Old Age Deferred

LAST month I had the pleasure of meeting, in the flesh, Sanford Bennett, of San Francisco, with whom I had corresponded for years. He was on a flying trip to Los Angeles. The story of Bennett, a well-known San Francisco business man, reminds one somewhat of Cornaro—with a difference. Cornaro was broken down at the age of 40, and reached the century mark by means of rational alimentation. Bennett found himself an invalid at the age of 50, and is now, at 73, more healthy and strong than he was then. He has big muscles, a vigorous mentality, and a complexion that a girl might envy. He accomplished this through a system of elimination. By combining the two—proper alimentation, and proper elimination—there is no reason why you should not live to be a hundred. In this way the secret of perpetual youth is approached.

Bennett devised some simple exercises, without apparatus, to be taken in bed before rising. These require about 45 minutes, but one may, of course, take part of them daily. He wrote a book called "Exercising in Bed" which I reviewed in the Care of the Body department of the Los Angeles Times several years ago. Finding the name somewhat awkward in lecturing before a mixed audience, he has, in the later improved edition, changed the title to "Old Age; Its Cause and Prevention." The book may be ordered through the Naturopathic Publishing Company.

Wu Ting Fang, formerly Chinese Ambassador to Washington, who was led to give up flesh food and stimulants by Mrs. Senator Henderson, recently wrote to Bennett from China, asking if he could obtain the plates of the illustrations of the book in order to get out a cheap Chinese translation, with an appendix, containing health advice by Wu, adapted to Chinese conditions. The plates have been sent to him, and Bennett expects to have copies for sale to Chinese in America.

Constipation

CONSTIPATION is the root of all evil. Some say money; but I would rather, any day, be afflicted with money than with constipation. Many of the great crimes of history may be traced to this cause. It has been said that the massacre of St. Bartholomew would not have occurred, had the French king not been suffering from chronic constipation.

Forty years ago, when I was less aged, and less wise, I broke a trans-Atlantic record by crossing from Queenstown to Sandy Hook—eight days at that time—without a motion of the bowels. That, however, is nothing. I know a woman in Los Angeles who went 28 days without a motion, and she did not fast, either, although, of course, she did not eat much.

As to the cure of constipation, that is another and larger question, to which I have referred in the past, and shall refer again in the future. Like other ailments, it can be cured by the natural method, and in no other way. The length of time required for a cure depends upon how long you have been abusing your stomach and bowels with "harmless cathartics," and "gentle laxatives."

The Sign of the Cross

RECTOR BAKER P. LEE, of Christ Church, Los Angeles, is working for the erection, on the mile high summit of Mt. Lowe, near Los Angeles, of a cross 200 feet high, to be lighted at night by electricity, the cost, estimated at \$150,000 to \$200,000, to be raised by public subscription.

On the other hand, Rev. Edward Cummings, of the South Congregational (Unitarian) Church, of Boston, in an address before the Unitarian Union, said (I quote from Harper's Weekly of May 31): "The religion of the cross is an unfortunate post mortem tradition." He suggested the substitution of a white flag. He also referred to the orthodox heaven as a "ridiculous spiritual roof garden."

If this correctly represents the ideas of the Unitarians, that church must bear about the same relation to orthodox Christianity as the Progressives do to orthodox Republicanism.

For Medical Freedom

AT a meeting recently held in Los Angeles, steps were taken to carry on the activities of the National League for Medical Freedom, the Southern California branch of that organization having disbanded some months ago. Dr. Lewis P. Crutcher, former vice-president of the national organization, and now associate editor of the Medical Century, a leading homeopathic journal, presided, and was elected a delegate to represent Southern California at the national convention of the League in Chicago, June 20-21. A permanent committee to carry on the work in Los Angeles was organized, with James Neal Hastings as secretary, the president to be elected at a later date. The main office of the League in California is in San Francisco.

An Unwelcome Visitor

THE English sparrow has at last arrived in Los Angeles. I am told that several were killed a few weeks ago in the northern part of the city. They have been in the state for a number of years, but only recently have crossed the Tehachapi.

The sparrow is a pugnacious bird, and brooks no competition. This means that if he is allowed to increase, our song birds will disappear. The favorite stamping ground of the sparrow in England is the streets, where he gathers his sustenance from the droppings of horses. Since the automobile has taken the bread out of the birds' mouths, as it were, they have been driven to other sources of supply.

Coining Death Throes into Dollars

AFEW weeks ago, in Long Beach, the municipal auditorium, flimsily constructed for the sake of saving money, collapsed, killing 40 and injuring 200 people. Within two minutes an enterprising photographer took a view of the writhing, squirming mass of suffering humanity in the pit, like mackerel in the hold of a fishing smack. The view was put on a moving picture reel, but the display was prohibited by the authorities. It should never have been necessary to forbid such a thing.

What are we coming to now-a-days? Is there absolutely nothing sacred, when a few dirty dollars are in sight?

Diet and Disease

FROM my native city of London I recently received "with kind regards," from Dr. Alexander Haig, a pamphlet containing a reprint from the proceedings of the Royal Society of Medicine. It was a discussion on the non-operative treatment of malignant disease. Dr. Haig, who is known as a steady and persistent advocate of a low protein, purin-free dietary, said in the course of this discussion: "The steady increase of malignant disease on a line parallel to gout, and several other important diseases which are clearly due to uric acid, is confirmatory evidence as to the causation of malignant disease which cannot be much longer over-looked."

Dr. Haig also makes the interesting statement that Dr. Kellogg, of the Battle Creek Sanitarium, has not in forty years experience, seen malignant disease in any of the staff who have been on a reformed diet for two years.

Operators of coal mines in Pennsylvania do not feel yet as though they could afford to expend money for prevention of accidents. Men are abundant, funeral expenses fairly reasonable, and any material damage done the works a slight advance in the price of fuel more than offsets.—*Los Angeles Tribune*.

Sigismund Danielewicz wishes to purchase a copy of "Nature Versus Drugs," by the late August Reinhold, M.D. Address, stating price, 209 West First Street, Los Angeles.—Advertisement.

Pyorrhea

PYORRHEA is a disease of the tooth socket, with inflamed gums, looseness of teeth, and a tenderness to pressure. In this, as in all other ailments that afflict the human body, the cause must be sought in the interior—in the stomach and bowels. Following is an extract from a sensible paper on this ailment, read in January last, by Dr. Claude E. Markey, of Pasadena, before the Pasadena, California, Dental Society:

"There are any number of so-called remedies for internal constitutional treatment, but can you show me any disease that drugs, taken internally, ever cured? Nature cures, not drugs. According to my observations, pyorrhea patients belong to one of the following classes:

- "1. Those of poor circulation.
- "2. Those who drink very little water.
- "3. Those who are hearty eaters, (especially starchy foods).
- "4. Those who are rheumatic or gouty.
- "5. Last, and probably most important class of all, those who are constipated and take no regular form of exercise.

"A well regulated diet, drinking plenty of water, (though not with your meals), taking plenty of exercise, thoroughly masticating your food, avoiding tea, coffee, liquor or tobacco, in conjunction with thorough, regular, prophylactic treatment of the teeth, will, I believe, if taken in time, not only cure pyorrhea and catarrhal troubles, but many other diseases known under different names, all being a result of auto-intoxication, (self-poisoning)."

Weak Points of National Irrigation

JNOTICED recently, in a press dispatch, that James J. Hill was quoted as saying the government should go out of the National Irrigation business, because the Reclamation Service was twice as expensive as private enterprise, and inefficient. I sent this clipping to my old friend George H. Maxwell, the "Father of National Irrigation," with whom I co-operated in the campaign for government reclamation of arid lands when on the editorial staff of the Los Angeles Times, and asked him how about it. He replied, in part, as follows, from New Orleans:

"Mr. Hill has been very bitter for years because the southwestern projects were pushed to completion in advance of those of the west, and was particularly wrathful because of the delay in the Milk River project, and I think with considerable good reason. I think much of the trouble in which the Reclamation Service has become involved, has been due to the lack of a colonization campaign following on the heels of the construction work. I planned such a campaign through the Rural Settlements Association and undertook to get support for it immediately after our organization work in the Salt River Valley was completed, but I could not convince anyone of the necessity for the work and it failed for lack of support. I think now there are a good many who wish it had been supported."

"I think much of the dissatisfaction under the governmental projects is without adequate cause, and that in many instances it is stimulated by malcontents, who hope to get the government to cancel the obligation for repayment of the investment."

"There were two fundamental defects in the National Reclamation Act. In the first place, the plan of having the government collect back the money and then turn the works over to the settlers, is simply an absurdity. The settlers lack the intelligence and capacity to operate the works, if they owned them. The government should adopt the British system existing in India, and retain the ownership of the irrigation works forever, charging a water rate large enough to cover all expenses of operation and maintenance, with interest at 3 per cent., and a small sinking fund to provide for eventual needs for construction or expense of improvement."

"The second fundamental defect was in the failure to provide for a colonization campaign which should run concurrently with construction, and instead of the lands being left open to hostile entry, they should have been entirely withdrawn until completion of the works."

Another Idol Breaker

THIS is an iconoclastic age. It looks as if we should soon have no idols left to worship—for we are an idol-worshipping people, although most of us pretend to worship only one God.

Now comes a man and tells us that the constitution of the United States—the “palladium of our liberties,” a phrase so dear to the heart of the Fourth of July orator—instead of being a “heaven inspired document” was on the contrary, a very humanized product of very human, and consequently selfish, men. The man who says this, is not a radical, a fanatic, or a crank. He is regarded as an eminent authority on American history and politics. He is Prof. Charles A. Beard, associate professor of Politics in Columbia University. His book “An Economic Interpretation of the Constitution of the United States” was recently published by the Macmillan Company. The book is written in a cold-blooded, conservative manner. The author spent months in searching through musty records in the Treasury Department, at Washington, in the Congressional Library, and elsewhere. In concluding, Prof. Beard sums up as follows:

“The constitution was essentially an economic document based upon the conception that the fundamental rights of private property are anterior to government and morally beyond the reach of popular majorities.”

Once more I must remind subscribers that we are not mind readers at the office. Therefore, we must request our friends to be so good as to notify us when they change their mail addresses, so that the magazine may follow them.

Health Advice by Mail

AS editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of BRAIN AND BRAWN, it has been my privilege to give dietetic and other advice by mail to hundreds of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy and hydropathy are valuable means of aiding nature. Sometimes these methods are indispensable. Any honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. “As a man eateth so is he.”

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

I perform no miracles. I promise no cure. Nobody ever cured anybody. Whoever says he can cure anybody is a fool or a knave. Nature alone cures. All I do is to point out the way.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of hygienic home treatment.



Mail Address, P. O. Box 612, Los Angeles, California.

Books

THE SOUL, ITS ORGAN AND DEVELOPMENT; Jasper William Corey, M.D.; Progressive Publishing Co., 523 W. 8th St., Los Angeles. Cloth, 148 pp, \$2 postpaid. Another guess at the Unknowable; this time a plausible one. Dr. Corey is a Los Angeles physician, and evidently a student and thinker. He writes:

"The topics of religion and immortality have no place in this volume, whose purpose is limited to the investigation of the organs of the mind, and of the soul, the faculties through which they find expression, and their development."

Basing his assumption on the asserted discovery that man only uses one lobe of his brain in thinking, the author ventures the suggestion that the other half of the brain is the location of the soul, or the "super-human brain," by a scientific system of education of which he believes that a superman may be evolved. Dr. Corey says there has never been a civilized state or nation upon earth, and that our people are in a condition of "thinly veiled savagery," which is eminently true.

An interesting little book, printed in exceptionally large type.

THE A. B. Z. OF OUR OWN NUTRITION; Horace Fletcher; order through Naturopathic Publishing Company, 426 pp; \$1.15 postpaid.

The author of this book is the celebrated advocate of thorough mastication, which was, of course, not a new discovery, but a most important thing to insist upon, as it alone will go a long way toward curing digestive troubles. The book is interesting and valuable, printed in large legible type.

THE SEXUAL INSTINCT; James Foster Scott, M.D.; order through Naturopathic Publishing Company; 473 pp, \$2.20 postpaid.

This is a book containing plain talk on one of the most important subjects affecting the human race, a subject that has only recently begun to attract the attention it deserves among educators. The author, in his preface, says:

"The world really is not clean and respectable. A group of men, taken randomly, usually drifts to topics of conversation which are not nice and are unprintable, and false sexual philosophy is freely discussed. It is, then, simply nonsense to maintain that any man will take offense at a plain discussion of subjects which are so much spoken about, especially when nothing is presented which can by any possibility encourage anyone to passion and immoral conduct."

COMMON SENSE DIET; Prof. B. H. Jones; published by the author, 516 Federal St., N. S., Pittsburg, Pa.; 118 pp, \$1.10 postpaid.

This is a good book, containing most excellent advice on diet, by one who evidently knows what he writes about. The author declares that the purpose of the book is to "inspire independent individual thought." About the only criticism I have to make is that Prof. Jones advises the use, in constipation, of physic, while enemas are much less harmful. I shall quote from time to time from this valuable little book.

A STUFFED CLUB, Vol. 13; published by J. H. Tilden, M.D., Denver. This little volume is more full of valuable information than an egg is of meat, because, you know, an egg is 75 per cent. water. I have said before, and I now repeat, that every subscriber to BRAIN AND Brawn should also be a subscriber to A Stuffed Club. The two make a great pair to draw to.

THE FOUNDATION OF ALL REFORM, booklet, 66 pp, with The Folly of Meat Eating, pamphlet, 16 pp; Otto Carqué; order through Naturopathic Publishing Company, both 40c postpaid.

These are two of the best expositions ever put forth of the advantages of a non-flesh dietary. They are clear and convincing, and should be read by every one who is interested in this important subject.

Vox Populi

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

GREAT COMBINATION.

I saw your picture in the last issue of BRAIN AND BRAWN. Very good. A composite picture of Voltaire, Bacon and Carlyle.—Axel Gibson, D.O., Beaumont, Cal.

[I have several hundred times been told that I resemble Carlyle, or Carl Schultz, or (when I wore no beard) Mark Twain, but I have never yet been likened to Voltaire. They will be saying next that I look like the devil.—Ed.]

BEST IN THE WORLD.

I enclose a dollar for another yearly subscription to BRAIN AND BRAWN. I regret exceedingly that I am unable to enclose a lot of new subscribers, but I find the apathetic ignorance of the masses stupendously appalling. It looks as if only a few were to be saved. Millions ought to read this magazine, the best in the world.—D. Edson Smith, Santa Ana, Cal.

[This is strong language, but Brother Smith is a veteran hygienist who subscribes to about thirty magazines, and, therefore, should be something of a judge of the subject.—Ed.]

DOWN WITH HYPOCRISY.

Good luck to you. Make the sparks fly. Down with hypocrisy, and raise high the flag of truth. The times need the skillful doctoring of a broad-minded progressive, and sincere medico, and I, for one, think we have that in you.—R. R. Gorden, 238 Marengo Place, Pasadena.

I DISAPPROVE OF SALT, MAJOR.

Sincere regards. Your advice is mostly good, but one must take some things "cum grano salis."—E. W. Jones, Rome, (Italy).

FROM AN ECCLESIASTIC.

Herewith enclosed is money for renewal of subscription to BRAIN AND BRAWN, a magazine which I find a source of great pleasure and profit.—Rt. Rev. Msgr. J. L. Reilly, St. John's Catholic Church, Schenectady, N. Y.

Have You a Friend?

WHAT more appropriate and useful souvenir could you buy him, for a dollar, than a subscription to BRAIN AND Brawn? It will remind him of you every month, for a year, and it will do him good.

Or, perhaps, you are so fortunate as to have six friends. In that case you may present each with a year's subscription for five dollars. Send us the "dough" and we will do the rest.

BRAIN AND BRAWN, Chamber of Commerce Building,
Los Angeles.

Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

HOGS AND CHICKENS.

J. T. S.—Yes, domestic hens are as much scavengers as domestic hogs, unless they are carefully fed, and kept from eating filth. A person with pure blood can readily detect the difference in the taste. "Farm eggs" are less clean (inside) than those laid in professional poultry yards.

THE ENEMA.

Robert J.—The enema has two purposes, (1) to produce a motion of the bowels in constipation, (2) to cleanse the colon. The enema is much less harmful than drugs; still it should not be made a habit, being only used to tide over while natural dietetic and other measures are being taken to restore a normal condition of the bowels. For cleansing the colon it should be taken two or three times a week after a motion of the bowels. This is a most helpful procedure. The water should be tepid, never hot, and nothing should be added to it except that when you are beginning to use the enema you may rub in a little pure soap. To obtain the best results it should be taken in a recumbent position.

FASTING.

B. W. H.—Fasting is a most valuable means of aiding nature to restore health. Sometimes, in severe chronic cases, it is the only way. Omitting breakfast and fasting once a week, from the evening meal of one day to the evening meal of the next, is a good plan.

To Advertisers Who Think

WISE advertisers recognize the value of quality as well as quantity. A very large purchaser of advertising space was recently quoted in Harper's Weekly as saying: "Mere circulation without a definite value, although usually advanced as a chief argument, means nothing. Magazines deservedly held in highest regard produce most sure and profitable results."

I would not recommend you to advertise drugs or hog products here, but if you have a good thing that appeals to our class of thrifty people who think, an advertisement will yield profit if you give it a fair trial—say for not less than three months. Readers go through this magazine every month "from kiver to kiver."

Our advertisements are carefully censored. Readers know we accept nothing "off color." This makes space more valuable. Any intelligent man is willing to pay more for a residence lot with restrictions, than for one where he may have a laundry on one side and a sawmill on the other.

If you wish, I will write your advertisement, without extra charge. Some of my friends are kind enough to say that I am no "slouch" of a writer. And I have had thirty-seven years' experience in California, so I know my people. Otherwise, our advertising manager, Ralph Lanehart, will cheerfully furnish you with full particulars.

Our address is 508 Chamber of Commerce Building, Los Angeles. Telephone (Sunset) Main 5364.

HARRY ELLINGTON BROOK.

Brain and Brawn Ballads

IV.

THE ANTISEPTIC CHILD.

Helen's raised on Mellin's food,
Helen's rat, and Helen's good—
Still, there's one thing Helen lacks—
Power to ward off those attacks.

First thing there was scarlet fever;
Mother thought t'would never leave
her,
Anxious neighbor saw the sign—
"Angelina; komm herein!"

Croup and cough and measles next,
Poor tired mother, sore perplexed;
Yet she thought these ills, you know,
Children all must undergo.

Down the street a little way
Johnny Schmidt is out at play,
Sick not once in six years life,
Even when disease was rife.

John, his parents wisely chose;
Nature's laws his mother knows,
He was never overfed,
So disease inspires no dread.

The moral of this little story is that if you feed your children right they will never "catch" any "infectious" disease. And the moral of the moral is that if you read BRAIN AND BRAWN you may learn to feed 'em right.

Doctors' Doings

[Brief items of interest for this department, such as changes of address, firms, etc., are solicited. They should be received by the fifteenth of the month. Address letters to the editor.]

The regular meeting of the Board of Directors of the Association of Naturopathic Physicians of California was held on Tuesday, June 17, at the office of Dr. Abbott. The new medical law was discussed, and the Secretary was directed to write to Gov. Johnson, urging him to give the Naturopaths proper representation on the Board, and offering to lend him any assistance he may desire.

Now that the Naturopaths have a prospect of representation on the State Board of Medical Examiners, it would be well for all those who have been holding back to get into line, pay up

their dues, and show some active interest in the affairs of the Association. It would also not be a bad idea for those who have not yet done so, to insert their professional cards in this magazine, the official organ of the Association. The officers of the Association, and the publishers of the magazine, are firm believers in reciprocity.

The Los Angeles School of Chiropractic held its commencement exercises on June 1 to 6. The class of 1913 numbers 128, including 6 D.O.s and 11 M.D.s.

Dr. Carl Schultz may still be consulted Tuesdays, Thursdays and Fridays, from 9:30 to 11 A.M. at the office of Dr. Greth, 748 W. 7th St.

Dora Roper, D.O., author of the "Epicure of Medicine," reviewed last month, was erroneously referred to as a nurse. As her title indicates, she is an osteopathic physician.

An interesting and instructive article on "Chiropractic" by Dr. Philbrook, of Los Angeles, will be found on another page of this number.

Dr. Margaret Goettler, naturopath and lecturer, offers a private home for invalids at her Pasadena residence.

The Business Office

If your subscription to the magazine has expired, do not fail to renew it, or it will cease coming to your address. You will receive a bill when the subscription expires.

The Thinkers World magazine, of Chicago, devoted to New Thought, Natural Science, edited by Cora Mickel Hoffer, clubs with BRAIN AND BAWN. You may get the two for the low price of \$1.50, which is the regular subscription to the Thinkers World. This is an exceptional chance for readers who are interested in psychological subjects. Those who are already subscribers to BRAIN AND BAWN may obtain the two magazines by extending their subscriptions for a year.

Our Advertisers

APPLE JUICE.

Otto Carqué has the Southern California agency for a delicious unfermented apple juice from Napa County, an appetizing variation from grape juice. Mr. Carqué will have a down-town office on Fourth St. between Broadway and Hill.

SAVE YOUR MONEY.

In these boom days, the papers are full of alluring advertisements of get-rich-quick schemes in real estate, oil, mines, manufacturing, and other lines. As I have previously said, people who slowly save from small earnings are foolish to gamble with their money—for some of these schemes are little better than gambling. Until you find something that you know the inside of, far better put your money in a savings bank. The California Savings Bank, presided over by M. P. Snyder, twice elected mayor of Los Angeles, has recently moved to new and more commodious quarters in a central location at Fourth and Spring Streets.

SCIENTIFIC DENTISTRY.

When it comes to something you carry in your mouths as long as you live it is most foolish to have cheap (and nasty) dental work done. C. E. Markey, of Pasadena, is a scientific dentist, a close student of his profession, who devotes special attention to abnormal conditions of the teeth and gums.

SWIMMING FOR HEALTH.

If those who are run down, nervous and thin-blooded would swim instead of swallowing "tonics," it would be far better for them. Prof. Wilkinson, of Bimini Baths, is an intelligent and conscientious swimming teacher, with a fine record.

FOR EXPECTANT MOTHERS.

Mrs. Caldwell has decided to make a specialty at the Casa de la Vina Open Air Health Home, near Pasadena, of treatment of the expectant mother. If women would live correctly during their pregnancy it would be better for them, and far better for their offspring, for the foundation of many human ills is laid during this prenatal period. Mrs. Caldwell is one of those who has tried

her theories on herself, having had her first child, a fine boy, at over 40 years of age.

OLD FASHIONED NATURE CURE.

At the Weinman Naturopathic Institute, Glendale, you will find thorough, capable and conscientious, old-fashioned German Nature Cure treatment. Several remarkable cures have recently been effected at this establishment.

FATNESS AND FAIRNESS.

If you want to be "fat and fair" (although not necessarily 40) Dortch Campbell, of Knoxville, Tenn., offers to give you some suggestions.

A HEALTH ASSOCIATION.

The "Universal Health Association," with offices in San Diego and Oakland, has been formed for the purpose of furnishing members health advice and treatment. See announcement.

ROMAN MEAL.

This meal is highly recommended, especially for constipation. It is also sold in the form of bread. All grocers handle it. Give it a trial.

VENUS AND APOLLO.

These were the ancient ideals of female and manly beauty. The Apollo-Venus Health Company, of Hartford, Conn., has an announcement in this number.

A WHOLESOME FOOD.

I can strongly recommend Van Houten's Back-to-Nature Laxative Food. It is made from California sun-dried fruits, and is not medicated.

RUPTURE.

I have previously recommended Dr. Benjamin's rational treatment of this troublesome complaint, and take pleasure in doing so again.

BREAD.

Zeller's Wholewheat Bakery is a pioneer establishment of Los Angeles in this line. Mr. Zeller is experienced and conscientious.

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Concerts every evening in the Greek Theatre. Dancing every evening except Sunday in the large Dancing Pavilion. Mountain Climbing, Horse-back Riding, Wild Goat Hunting, Mountain Coaching, Golf, Tennis, Boating, Bathing and Sailing. Excursions by boat to Seal Rocks, Moonstone Beach and many other points of interest. See the wonderful Submarine Gardens.

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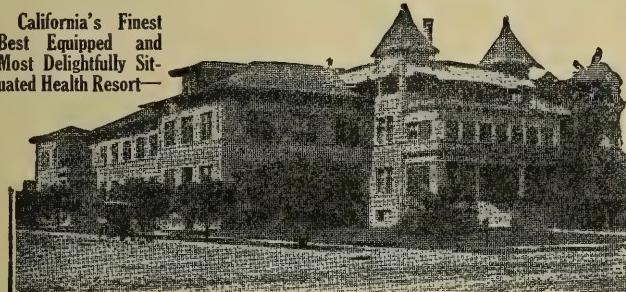
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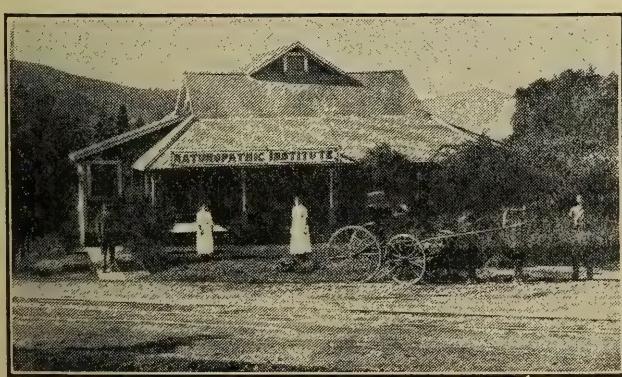


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THE ART OF LIVING LONG; Louis Cornaro. 214 pp. \$1.65

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The instruction of the people in regard to the Nature Cure, or drugless method of healing disease, including such natural aids to nature as diet, exercise, fresh air, spinal manipulation (osteopathy, chiropractic, etc.), massage, hydropathy, and mental suggestion.

The combating of medical errors and crimes, such as the poisoning of the blood with filthy animal virus, the absurd exaggerations of the germ theory, the suppression of symptoms instead of removing the cause of disease, the scaring of the people with false ideas in regard to infection and useless quarantines, drugging, vivisection, and unnecessary surgical operations.

Medical as well as religious and political freedom. The right of every man to choose his own physician as he chooses his own priest—or goes without one.

Education of the people in regard to the laws of health, and the cause of disease, especially in regard to diet.

Advocacy of pure food, and descriptions of adulterations.

Exposure of heartless and scoundrelly quacks, both "regular" and irregular, who prey upon the sufferings of poor humanity, not even attempting to cure diseases they are powerless to cure, so long as the victim has money.

Information regarding fake remedies that never have, could or would cure disease, but only serve to deplete the purse of the patient.

Eugenics, or the right of a woman to control her own body—to say when and under what conditions she shall conceive—and the right of the child to be well born.

The humane treatment of children and animals.

The establishment of universal peace, with honor.

The "back to the land" idea, showing the advantages of a "little land well tilled," to furnish small productive homes to those now dependent on precarious wages in our congested cities.

The simple life and the uplift of humanity.

Our health platform is as follows:

1. Disease is an effort of nature to remove poisonous or morbid matter from the system, and to restore normal conditions.

2. Drugs taken into the stomach, and filthy animal matter injected into the blood interfere with these healing processes of nature, suppressing symptoms of disease, while never effecting a cure.

3. The germ theory is a superstition. Germs are not the cause but an effect of disease, just as maggots are not the cause of rotting meat. Many germs are not only harmless, but are beneficial and necessary. At any time you may find in the throats of many people who will never get those diseases, the germs of diphtheria, cholera, tuberculosis, and other so-called "infectious" diseases.

4. There is no such thing as "infection" or "contagion," as generally understood. Skin diseases or blood diseases may be passed from one person to another by direct contact, where there is an abrasion of the skin. Therefore, all quarantine is useless annoyance.

5. There are no superfluous organs. A great majority of surgical operations performed now-a-days are not only unnecessary, but dangerous and harmful, and should be forbidden by law.

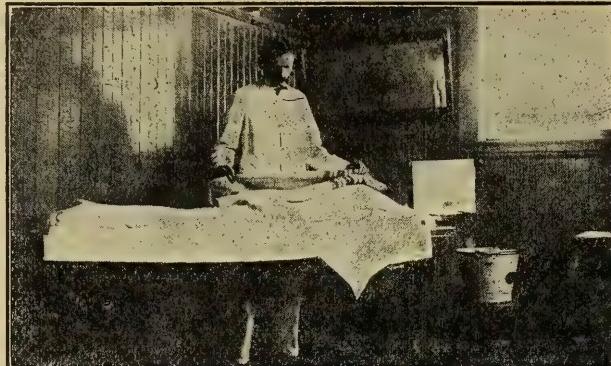
6. There are rational means of aiding nature to purify the system and restore health. Among these are diet, fasting, active and passive exercise, hydrotherapy, the adjustment of the spine, (osteopathy, chiropractic, etc.), deep breathing of fresh air, sun and air baths, rest, sleep and mental suggestion.

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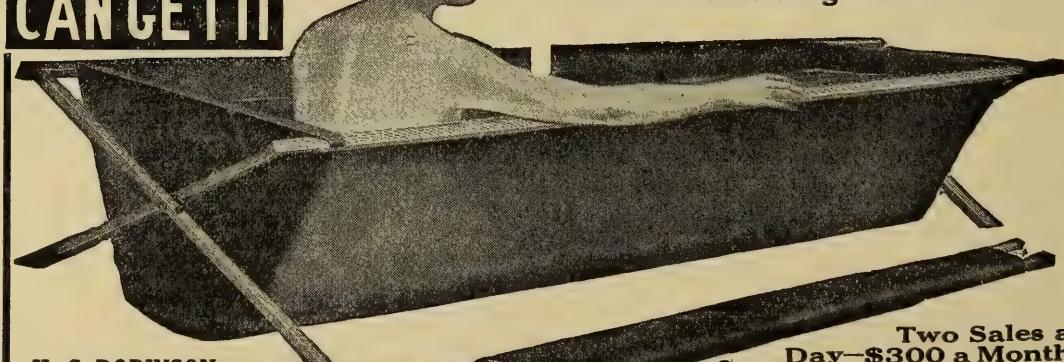
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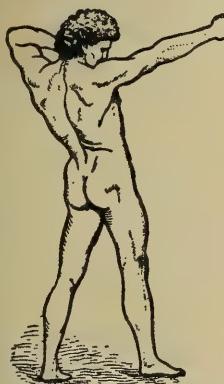
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Vol. II

LOS ANGELES, AUGUST, 1913

No. 3

Gambling

GAMBLING is one of the three "unavoidable evils" (not "necessary evils") to which I have previously referred, the others being prostitution and alcohol. Gambling is a worse vice than either of the two others mentioned. There is hope for the sensualist; there is hope for the drunkard, but when a man is a confirmed gambler, he is usually hopeless. Only the habit drugs (first introduced by the medical fraternity) opium, cocaine, morphine, and others so firmly enslave a man as does the gambling vice. One of the most dramatic passages in literature is that in a story of the great plague of London, where a young married gambler, having lost all, finally wagered the key of his wife's room. The desperate husband followed the winner, and with drawn sword awaited his return at the foot of the stairs. In a few minutes the successful gamester stumbled down, blanched and trembling. He had seen the mark of the plague on the woman's neck.

Much of the worst kind of gambling is regarded as "respectable." It is a cancer gnawing at our social system. Speaking recently before the Council of Churches in Chicago, Dr. R. R. Chase, a Methodist minister of Oklahoma, said:

"There is in this land today a wild gambling spirit which almost controls some of our large cities like New York, Chicago and a few others, and seems to possess our very business life. It seems that our business institutions and our whole commercial life are being undermined. This spirit seems to be constantly increasing and spreading out and gripping tighter on our business life. Possibly it is more mighty than any other question on which we are taking a stand."

Throughout this western country a great change has come over public sentiment in regard to open gambling. Even in many mining camps, where formerly it was the chief recreation, it has been abolished. Twenty-seven years ago, when I lived in Tucson, Arizona, faro games were run openly on the ground floors, paying a license of \$30 a month to the city. They were "square," or it would not have been a healthy place for the gamblers, some of whom, by the way, were among the best men in town, their word being as good as their bond. In a big hall, attached to a saloon on the main thoroughfare, there was every night a keno game, attended by leading citizens, the city assessor calling out the numbers.

Race track gambling, largely based on deliberate swindling, has, during the past century, caused the ruin of millions. Of late there has been a general move throughout the country against this vice. An attempt to smuggle through a disguised race-track gambling law at the recent California election was a dismal failure.

Forty years ago Germany closed the magnificent gambling halls at Homburg and Baden Baden. I was at Homburg just before the closing. It was a remarkable sight.

Several European governments take advantage of the passion for gambling by selling bonds, with prize drawings in place of interest. In this way those who speculate lose nothing but the interest on their money. Other European governments, such as Italy, conduct regular lotteries, with daily or weekly drawings, the tickets being for sale at all government monopoly tobacco stores. This swallows up a large amount of the people's money, so that they need all the remittances they get from the New World.

The futility of gambling is shown by the fact that at Monte Carlo, the last important stronghold of open gambling, although the tables have an advantage of only one chance in sixty, yet they net M. Blanc five million dollars a year, after he has paid one hundred thousand dollars a year to ex-Prince Charles, all the expenses of the gaming house and principality, (including the taxes and the army) and several hundred thousand dollars a year hush money to foreign journals.

In Los Angeles for a long time dice shaking at hundreds of cigar stands has been indulged in openly and continually from morning to night, serving as a school of gambling to many young men, and to boys who pass by, while in some places even children were taught to shake for pennants. In Sacramento, recently, a business man, who went bankrupt, had gambled away his resources in a cigar store, losing in a few hours between three and four hundred dollars. So, you see, this apparently innocent game is not quite so harmless as it seems. In some of the cigar stores the main business appears to be shaking dice, so that it is sometimes difficult for a man to get served. They seem to regard the ordinary customer who wishes to buy a cigar as something of a nuisance. Of late pretty girls have been introduced in some places to tempt young fellows to gamble. Several cigar dealers have told me they would be glad to see this practice done away with, but they cannot, of course, abolish it unless the movement is made general, as otherwise they would lose custom. Others, however, it is said, would have to close up were it not for the games. How is it that where we have so many laws regulating the personal habits of citizens—where Chinese fan-tan games and white men's poker games are promptly raided—such flagrant open gambling should have been permitted by the City Council to go on so long unmolested? This is something I could never understand, except that two years ago the voters allowed the question to go by default. Last month the City Council ordered the District Attorney to draw up an ordinance forbidding this form of gambling.

Stock gambling is also permitted here but, as I have said, white man's poker, and Chinese fan-tan are frequently made objects of spectacular raids by the police. There are surely many more serious evils than the gambling of Chinese among themselves. They are the most inveterate gamblers in the world. It is said that sometimes, in the middle of winter, after gambling away all their clothing, they will bet their fingers, the winner performing this "unnecessary operation" with a hatchet. It is difficult for the occidental mind to see where the satisfaction of the winner comes in. Tacitus tells how the ancient Germans, when they had lost everything else, would stake their own liberty at dice. Almost all aboriginal tribes are great gamblers, showing how deeply implanted is this instinct.

If it is desired to discourage gambling, why confine the fight to such small things as fan-tan and poker? Why not aim at the big evils? Or are they too powerfully entrenched? Speculators who, by gambling, artificially raise the price of grain, potatoes, eggs, and other foods, are surely doing far more harm than those who play a game of poker in a back parlor. Then, chief of all, there is Wall Street, the head center of the Big Game, where stocks are manipulated daily by the men behind the scenes, only ten per cent of the sales being legitimate. How many ruined homes and suicides are traceable to this gigantic "skin game," a swindling concern which has until recently been not only permitted, but protected, and to some extent encouraged, by the United States Government. Wall Street gambling is also an important factor in artificially raising the cost of living.

Why not stop hunting little, blind sucking pigs, and go after the big bears and bulls of Wall Street and their allies?

Artificial Meat

JRECENTLY came across a circular sent out from Indiana by the American representative of an Austrian inventor, offering to sell the secret of an "artificial meat made of cereals" for \$100,000, or to organize a company to manufacture it. The circular states that no patents have been applied for. This may readily be understood, when we read that 24.10 per cent. of the contents of the food consist of "grease." Where does this grease come from? The slaughter house, or the soap factory? Oats, the richest of all cereals in fat, contains only about seven per cent.

A newspaper item recently told of a Belgian chemist who has also invented an artificial meat composed of "certain residues of the manufacture of beer, compressed and treated with sulphuric acid, combined with a certain amount of lime, and then filtered, evaporated, and pressed again." In other words, brewery refuse. Why should any intelligent person wish to put such filthy stuff into the stomach, when nature has bountifully provided an abundance and variety of appetizing, wholesome, and nourishing foods, in fruits and nuts and vegetables, to which, if desired, may be added the semi-animal dairy products? If you think you must have something to remind you of the flesh pots of Egypt, there are appetizing foods in the market—or you may easily make them yourself—composed of mixtures of peanuts and cereals. Some of these bear a great resemblance in flavor to meat, but they are free of "grease."

The force of the understanding increases with the health of the body. When the body labors under disease, the mind is incapacitated for right thinking.—Democritus.

The amount of intellect necessary to please us is a most accurate measure of the amount of intellect we have ourselves.—Helvetius.

The way to win a woman lies through praise of her. The way to lose her through praise of other women.—New Orleans Item.

Industrial Peace

WE HEAR much now-a-days about peace between nations. This is well. We hear comparatively little about industrial peace.

This is far more important, because wars are only occasional, and growing less frequent, while strikes occur almost daily, and more and more frequently. We read much about industrial freedom. That is not altogether the same thing as industrial peace, because a free people may chafe under and resent wrongs they do not quite see their way to remove. "Peace with honor" can only come when there is absolute justice on each side. Please note that I did not say Law, but Justice. Unfortunately, they are not always the same.

Most of these industrial troubles may be traced to one of two causes. (1) The great increase in the cost of living, necessitating a corresponding increase in wages, which is not really an increase, but a readjustment, because money is worth only what it will buy. (2) The pernicious activity of walking delegates, who, like officers of European standing armies, are always looking for trouble, because there is money—and sometimes glory—in it for them.

The newspapers had much to say about the turmoil of the recent garment makers strike in New York, a protest against the inhuman conditions of filthy sweat shops and heartless sub-contractors. I had seen no detailed reference to the settlement of this dispute until I read an interesting article on the subject by Allen Kelly, in the West Coast magazine for July. It is strange that the press should have so generally ignored this agreement, involving as it does one of the most important and radical steps toward industrial peace ever taken in this country. In his article Capt. Kelly says:

Something like peace and order has been brought out of the turmoil in the garment trades in New York by operation of what is called "the Protocol," an agreement between workers and employers, establishing a system of conciliation and arbitration identical in all essential features with the New Zealand plan of so-called "compulsory" arbitration.

The manufacturers organize an association and the workers in that trade form a union, and the two bodies endeavor to come to an agreement concerning wages, hours and other conditions of labor. In case of failure to agree, the matters in dispute are submitted to a board of grievances composed of representatives of both sides, and there is no lockout or strike pending settlement. A board of arbitration, composed of three disinterested men, is the final court of appeals.

An important feature of the Protocol is the provision that employers shall give preference to union men in hiring help when competent union men are available, but may hire nonunion workers when the union fails to supply their needs. The union must admit all workers in the trade who wish to join, and reduces its fees and dues so that any may join. In New Zealand, preference is given to union workers only on condition that the union maintains the "open door" to all in the trade, exacting no initiation fee and having no black ball system.

Continuing, Kelly goes on to show that the New Zealand Arbitration Act, which has been in force and operation for more than twenty years, has maintained industrial peace during all that time. There it is backed by the government. The indorsement and guarantee of this protocol by the American Federation of Labor is striking and significant, as it presages a tendency on part of that body to adopt the successful New Zealand plan.

On the practical working of this New York plan Isaac Marcossen says, in Munsey's for July:

"The Protocol puts the walking delegates out of business. By its provisions these too familiar agents of unrest become 'clerks' or adjusters of differences.

"The successful operation of the preferential union shop reveals a situation unique in labor. The employer becomes an unconscious agent of the union. The union, on the other hand, finds it advantageous to encourage a close-knit federation of bosses. The mutual advantages are many.

"The employer is protected from unfair competition, because all parties to the Protocol must maintain the same working conditions and therefore meet on a common business ground. He is likewise immune from those arbitrary acts of the unions which hitherto tied up his shop almost without notice and caused great loss.

"The Protocol means moral discipline for the employer and the employee, and an awakened public responsibility for labor and its product. In short, it is creating a whole new economic order, and is helping, perhaps more than any other agency to realize the long-cherished dream of an industrial democracy."

It is certainly in the interest of the employer as well as the employed, and of society, that an honorable agreement between capital and labor should be established. For should it ever—which Fate forbids—ultimately come to the brutal test of physical force, as there are a hundred workers to every employer, the result could only be the same as that of the French revolution, and of other occasions when the sovereign people have been really aroused, and have become conscious of their strength.

Men on either side, whether walking delegates or millionaire employers, or an association of employers, who place obstacles in the way of honorable industrial peace, are enemies of society, and should be so publicly stigmatized.

Human Unisertion

SCARCELY a week passes without my hearing the pitiful story of some unnecessary surgical operation, leaving the victim—if the operation is not fatal—with chronic physical or mental ills, or both. Our hospitals have become largely institutions for medical research. Nor does this refer only to county and charity hospitals.

In England the people are beginning to demand laws to control and restrict this constantly increasing medical butchery. As recognized at the recent meeting of the American Medical Association, it is largely stimulated by the disreputable practice of fee splitting between "good, old family doctors," and high-priced surgical experts. Occasionally an operation is necessary but such cases are only a small percentage of the operations performed.

In the fundamental matters of scientific cultivation; of economic roads throughout the agricultural regions, of close and scientific marketing, the farmers of the United States are a generation behind the farmers of Germany and France.—B. F. Yoakum.

A drinker may reach a high age; a glutton never.—Sylvester Graham, M.D.

An Outrage on the Eyes

NO T long ago a business block was erected in Los Angeles, and heralded as the whitest building on the Coast. In this county a man has a ranch on which all the buildings and fences are white. Of this he is very proud. Instead of that, he should be ashamed. Men who spread white on the face of the earth are enemies of society, although they do not realize it. Of late has come the climax to this kind of abomination in the shape of the white roof. Just suppose that all the roofs in the city should be white. What would be the effect on the beholder, unfortunate enough to live on an elevation? Then, instead of hills, we should all be seeking the lowlands—or the cellars. We should have to wear veils or goggles, as tourists do in Switzerland, to protect them from snowblindness.

The white interior is not so common as it was a generation ago when I came to America, yet one far too often sees white walls and white ceilings. The interior of one large department store in Los Angeles oppresses the eye with its bare, white pillars. In Italy even the poorer classes have cheap frescoes on their walls and ceilings, and those who have not traveled are familiar with pictures of the tinted buildings of Venice.

White should never be used, especially in this region of perpetual sunshine. It is an offense to good taste, and an outrage on the eyes. Take a lesson from nature. How seldom do you see white, apart from man's handiwork. A fleecy white cloud floats over the blue sky, but it is toned down with gray. White daisies dot the meadows, but their hearts are golden. If a boulder falls from a chalk cliff, nature soon covers the place up with green moss and gray lichen.

An eminent London physician recently spoke of the harm done to children by white. He said:

"No wonder baby blinks his weak little eyes and turns his head painfully away from glaring light. White is not for babies, and should never be used in the nursery. Neither should baby be dressed in white, nor his nurse, nor his rag dollies, nor should the little crib or carriage or furniture be of white. Thousands of people grow up with weak eyes solely because they spent their infancy in white surroundings."

Add to this the constant staring at white paper, often covered with very small print, and can you wonder that good eyesight is becoming a rarity?

White should be taboo. There are many pleasing light shades that can be substituted for buildings, and for dresses.

I hold it true what'er befall—

I feel it, when I sorrow most—

'Tis better to have loved and lost

Than never to have loved at all.—Tennyson.

To live in hearts we leave behind,
Is not to die.—Thomas Campbell.

Every disease that afflicts mankind is a constitutional possibility, developed into disease by more or less habitual eating in excess of the supply of gastric juice.—Dr. Edward Hooker Dewey.

Pure Blood Better than Big Muscles

JIN the December number I referred briefly to the folly of big muscles. It is not only a folly but a danger. It is a folly because, as I said, these bunches of muscles are neither handsome nor useful, except to a professional strong man or a wrestler. Compare an ancient Greek statue, or a South Sea islander, or one of our own red men with the ungainly, unbalanced, muscle-bound human forms that are held up month after month for our admiration and emulation in publications devoted to what they call "physical training," although as my friend Warman says, it should rather be termed "physical straining."

Big bunches of muscles are not only disfiguring but they are dangerous, because they are developed at the expense of the heart, and when you have accustomed the heart to work for these "superfluous organs" you must keep it up, or suffer the consequences. You have saddled yourself with an Old Man of the Sea, and must do his bidding. That is why so many athletes, "pictures of health," die young. Eustace Miles, former tennis champion of England, has written: "There has always been a tendency among Anglo-Saxon people to set up the mere athlete as the type of physical health. We do not consider the mere athlete to be a really healthy man."

The quest for big muscles is always accompanied by over-eating. The two go together. Most people eat two or three times as much food as is necessary to repair waste. Then they take two or three times as much exercise as is necessary in order to work off the surplus nourishment. It has been aptly said that to offset the effects of gluttony the Romans would resort to the vomitorium, while the Britisher takes a "constitutional."

If you eat only sufficient to restore waste and furnish so much of the heat and energy as is not stored up in sleep, you will find you need only a little regular daily exercise to keep you in perfect health. Our present system—or lack of system—is an absurd waste of health, time and money. We eat far too much, expending a great amount of vitality in digesting the surplus food, and then we waste much time and more vitality in working off the effects of our over-eating.

Do not think I underestimate the value of rational exercise. Far from it. What I say is: Seek pure blood rather than big muscles. You will live longer and live better.

To make a happy fireside clime,
To weans and wife—
That's the true pathos, and sublime
Of human life.

—Robert Burns.

So far as cerebral structure goes, it is clear that men differ less from the chimpanzee and orang, than these do even from the monkeys, and that the difference between the brain of the chimpanzee and of man is almost insignificant when compared with that between the chimpanzee brain and that of a lemur.—J. W. Corey, M.D.

"Sure Cures"

AMEMBERS of the "regular" medical profession are fond of denouncing impossible quack cures. In this they are right, but how about "ethical" cures, equally impossible, and usually much more dangerous? There is that damnable drug, mercury, with which the blood of the human race has been poisoned for centuries. Recently Ehrlich brought out a new arsenical poison. Every year or two we are introduced to wonderful "regular" remedies, such as those of Brown-Sequard, and Koch, only to have them supplanted by something else, after they have added to the toll of deaths from medical mal-practice.

My friend Norton Hazeldine, of Los Angeles, recently handed me a copy of the World's Work, for April, containing an article headed "Marvelous Preventives of Disease—How we May now be Made Invulnerable to the Attacks of Typhoid Fever, Bubonic Plague, and Cerebro-spinal Meningitis—etc., etc.," by Leonard Hirshberg, M.D. In the magazine was a sheet of paper containing the following forcible comment: "For compound, treble expansion lying, this article takes the entire cake output of the bakery." I fully concur.

After poisoning the blood of the people for centuries with dangerous drugs, the doctors have now begun to realize that these poisons have done more harm than good, and that—which is more important—the people are refusing to swallow them. So they have hit upon this new and yet more dangerous fad of injecting animal filth into the blood, on the theory that germs are the cause of disease, whereas they are merely incidental thereto. What a satire it is, that in this enlightened age, leading publications should gravely discuss the possibility of curing disease in such manner. Yet we look with contempt on the "savage" who seeks a fetish. As my old friend Dr. Weber said, in a letter I quoted last month: "It appears to me that a serious crisis is imminent in medical science. We are fast approaching conditions of the dark ages, when lice of elephants, dung and claws of the devil, worn-out shoe soles, fat of flies, mummies, flesh of gallows corpses, bile of carps, and endless other 'precious remedies' were included in the treasures of medicine."

These serum treatments are not only absolutely useless for the cure of disease, but they are most dangerous. A sensation was recently created in medical circles when Dr. F. S. Kramer, of Cincinnati, before the Academy of Medicine of that city, stated that the application of the Flexner serum had killed several children in the Cincinnati City Hospital. The medical profession had been stirred by the mortality record of the disease there, fourteen out of fifteen patients dying at the hospital, a percentage never even approximated where the disease had been left to its own ravages. Dr. Kramer declared to his colleagues that some of those who died were children, who expired within five minutes after the application of the remedy. Of course this caused great commotion and indignation on part of Flexner, and his friends. Flexner is the great high muck-a-muck of the Rockefeller Chamber of Horrors. It was found necessary to appoint a committee to investigate the scandal. Within a month after this charge had been made before a medical body, physicians of the U. S. Marine

Hospital Corps inoculated American seamen with the same virulent and dangerous toxin. As the Open Door says: "Men are degraded in the service, and subjected to the horrors of military prisons when they refuse to have their blood polluted through injections by surgical maniacs."

Disease will not be conquered in any such manner, but if they continue this unnatural and dangerous practice of injecting animal virus into the blood, a large part of the human race will be killed off by cancer, a disease that is now increasing with awful rapidity, although until recently serums have only been used for one disease—smallpox. Now it is already used for half a dozen ailments, with more coming. The manufacture of serums is a gigantic commercial graft, that yields millions of dollars of profits to one American concern. There is, therefore, the same temptation to work up artificial epidemic scares as there is for manufacturers of war material to incite enmity between the nations.

Once more let those of my readers who think, understand that there is not, never has been, nor ever can be, a "specific" cure for any disease. The physician, "regular" or irregular, who claims that he can cure disease is a faker or a fool. All that can be done is to show the people how to let nature cure them, as she is always trying to do.

Is it not about time that we should demand legislation forbidding the continuance of this wholesale blood poisoning? Surely, this is a much more important question than the tariff, or even the income tax.

Fat Reducing Fakes

SEVEN women, weighing together 1700 pounds, appeared in Denver, as witnesses against a fat reducing concern. There is only one safe and sure method of reducing flesh. It is through alimentation and elimination. There must be less ingestion of fat-forming foods—fats, starches, and sweets—and more elimination of the waste products from the lungs, bowels, kidneys, and skin. The same method which decreases surplus weight will increase deficient weight. In other words, a normal life will restore normal conditions. And there is no other way.

All methods that pretend to reduce flesh without attention to diet and exercise are dangerous, and should be avoided by sensible people.

"Men may come and men may go;
"But I go on for ever."

[I am assured that Tennyson had no personal allusion in mind when he wrote this.—Ed.]

Ellen Key, the talented Swedish authoress, deplores the tendency of the feminist movement to belittle motherhood. Ellen has struck the right key.

King George, following a promise made long ago to his mother, reads a chapter of the Bible every day. He might be much less profitably engaged.

Who's Who in the A. M. A.

THE annual meeting of the American Medical Association in Minneapolis, in June, was a somewhat stormy one, and at one time it was found necessary to exclude outsiders. It was admitted that lobbying for a National Health Bureau had been going on in Washington, and the committee doing this was ordered dissolved. Notwithstanding this, one of the members was quoted as saying: "We must have the National Board of Health, and we will have it." The people will have something to say about this. Of course, we know the doctors need these political jobs, but that is not the most important issue at stake.

The American Medical Association has for a number of years been governed by a small clique. Thirteen years ago Drs. George H. Simmons and J. N. MacCormack "put one over" on the Association in the shape of a "by-laws and constitution" that gives them practically absolute power. Simmons, the "General Secretary," was formerly an advertising specialist, devoting himself principally to diseases of women, and running a "medical institute" at Lincoln, Nebraska. MacCormack, the "official organizer," or walking delegate, at \$6000 a year, and expenses, with members of his family, constitute the "whole works" of political health activities in Kentucky, where for many years they have fattened at the public crib.

The American Medical Association holds an Illinois charter as a corporation "not for profit." That is a good joke. As a writer, who investigated the subject recently observed, "the American Medical Trust now owns half a dozen medical journals, and does a business of about three-quarters of a million dollars a year, nearly \$200,000 of which is the hard earned money of small practitioners who have been forced to join the Association in order to be in good standing as 'ethical doctors.'"

It is estimated that only about 25 per cent. of the physicians in the United States belong to the A. M. A. If the members understood the situation, there would soon be a revolution, and a general house-cleaning within the ranks of the organization. I fail to comprehend how any honorable physician, who has investigated the subject, can be content to remain a member of this body, as it is now constituted. Yet, this same American Medical Association represents all there is of the movement for the establishment of a National Bureau of Health, that would furnish profitable jobs for hundreds of thousands of impecunious doctors, and place the bodies of the American people in absolute control of the drug-dispensing, carving, serum-injecting, and bug-chasing school of medicine.

Many railroad wrecks are due to the wrecking, through overwork, of the nerves of engineers and motormen.

Wait not till you are backed by numbers. Wait not until you are sure of an echo from a crowd. The fewer the voices on the side of truth, the more distinct and strong must be your own.—Channing.

Care and Cure of the Mentally Sick

THE recent State Legislature passed, and the Governor signed, a law providing for the "parole of mentally sick, or psychopathic patients out of the Lunacy Court, or the Supreme Court sitting as a Lunacy Court." The board of supervisors of each county may create the office of psychopathic probation officer.

Many inmates of insane asylums are more sane than many of those on the outside. The increase in insanity of late years is alarming, but not astonishing. It is becoming more and more of a serious problem what to do with these unfortunates.

To lock a sane man up in a prison-like building, in a hot climate, and feed him on heating food, largely deprived of the all-important mineral elements, would soon make him more or less insane. Yet that is what we do with insane people. The California and Arizona asylums at Stockton, Highland, and Phoenix are—owing to real estate deals—in oppressively hot localities, although plenty of pleasant cool locations were available. Then the unfortunate inmates are fed three times a day white bread, soda biscuits, mush and molasses, meat, little fresh vegetables, and little or no fresh fruit and salads. Under such conditions there is not one chance in a thousand for a person to recover mental or physical health.

By rational hygienic treatment—known in Germany as the "nature cure," and in this country as "naturopathy"—including a natural non-stimulating dietary, rich in the organic salts, and free of decomposing animal poisons, hydropathy, or water externally in various ways, and internally to cleanse the colon—where, in nine cases out of ten, lies the real seat of the disease—air baths, mental suggestion, and other natural methods, two-thirds of the inmates of our insane asylums might, within a few months, or at the most within a year, be discharged cured.

Man

KNOW then thyself, presume not God to scan;
The proper study of mankind is man.
Placed on this isthmus of a middle state,
A being darkly wise and rudely great
With too much knowledge of the sceptic side,
With too much weakness for the stoic's pride,
He hangs between; in doubt to act or rest;
In doubt to deem himself a god or beast;
In doubt his mind or body to prefer;
Born but to die, and reasoning but to err;
Alike in ignorance, his reason such,
Whether he thinks too little or too much;
Chaos of thought and passion, all confused;
Still by himself abused or disabused;
Created half to rise and half to fall;
Great lord of all things, yet a prey to all.—Alexander Pope.

Briefs

A sane Fourth has reduced deaths in ten years from 500 to a dozen, injuries in proportion. Is this not worth while?

The O'Leary public market in Chicago has proved conclusively that the middleman is a chief factor in the cost of living.

Feather dusters are forbidden in Oklahoma. Good idea. Did you read that article in December on "Raising the Dust?"

Owners of over-loaded teams are more guilty than the drivers, and should be punished.

The Rockefeller Institute, after experimenting on guinea pigs, declares blue bottle-flies cause infantile paralysis. The University of California, after similar experiments, says they do not.

Mrs. Bocock, of Barrow, Lancashire, had twins five weeks apart, and so secured two maternity benefits, only one being paid where twins are born together. Clever woman.

They do not permit automobiles in Prince Edward Island. Peaceful place to dwell in.

A "scientific mission" declared there is no danger of an epidemic of bubonic plague spreading in Haiti. How do they know?

Los Angeles imported 400 buggies in the year ended June 30, 1913. Also a few automobiles.

Judge Wade, of Chicago, declares New York is the best governed city in the country, because Tammany Hall has governed it most of the time. Perhaps.

It has been discovered that a trust of steamship owners controls the "seven seas." Now for the air.

U. S. statistics show commodities higher last year than in thirty years, average per capita increase in cost of living since 1896 being \$170 a year. Jim Hill says it is extravagance.

One of the strangest sights in the world is a company of Turkish soldiers drawn up to keep Christian sects from slaying each other at the annual celebration of the Holy Sepulchre.

An eastern physician says we should quarantine against colds. How about toothache, warts, bad temper, and a few other ailments?

A citizen complains that exorbitant prices are charged for cleaning cesspools. Well, would you like such a job?

Notwithstanding prohibitory laws Americans last year consumed more whisky than ever before.

Mayor Harrison, of Chicago, says he favors the initiative, referendum, and recall for every official, from president to alderman.

Federal inspectors pass diseased meat as freely as in the days before the "Jungle." No wonder ptomaine poisoning is common.

Billy Burke was ill in Carlsbad with so-called "appendicitis." Her physicians "hoped that an operation would not be necessary." We do not often hear that kind of talk in America.

Fiendish Bulgarian atrocities again show that what we call "civilization" is a very thin veneer over the primitive human brute.

An editor in Missouri who started a paper to "tell the absolute truth" was found dead in his room at the end of three weeks. I shall have to be careful.

With Rockefeller "foundations," and Carnegie gifts, we may soon find our minds and souls, as well as our bodies, "in hock" to the great money powers.

Reading reports from the capital last month, I was reminded of the old saying "It will come out in the wash." Only this time it was in Washington.

In one week recently, 1845 American farmers, with over \$500,000 in cash and property, crossed into Western Canada.

Ex-President Taft says he is not adverse to strikes "if their object is to place the manufacturer and employee on a more common ground to deal with each other."

In England locomotive engineers (engine drivers) get \$9.83 per week, firemen (stokers) \$6.67, and conductors (guards) \$7.12.

Two-thirds of the radium supply of the world is made in Europe from American ores.

This is sometimes called a Christian nation. Yet, in only one of twelve large American cities do the communicants of Protestant and Catholic bodies equal the non-Christian population.

Queen Mary disapproves of Englishwomen riding astride. Riding astride is unnatural for women, and riding side-saddle is dangerous.

No tobacco may be sold on Sunday in Whittier, Cal. Chewing gum is not yet barred.

Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

Vol. II

LOS ANGELES, AUGUST, 1913

No. 3

Pernicious Prudery

THE ideas of the average man or woman of this generation as to what is indecent or improper are quite as mysteriously remarkable and incomprehensible as the ways of Providence. Broadly, it may be said that any serious honest reference to sex subjects, for the purpose of warning and educating, is indecent, while suggestive and lewd plays and novels are "chic" and popular.

Take for instance the plays of Brieux, carrying their solemn lesson of how the "youthful indiscretions" of the fathers are visited upon the children. What difficulties have been placed in the way of their presentation. Shaw's play "Mrs. Warren's Profession," also carrying a serious lesson, met the same obstacles. It caused almost a riot in New York. Then, when people who paid fancy prices, hoping to see something indecent, found that it was a sermon, they were vexed and puzzled and indignant. They had been cheated. The actress who created the title-role in America has testified that women, including club women, befriended and encouraged her. They recognized the value of the lesson so many of their sex had bitterly learned. The opposition came almost exclusively from men and parsons. Men did not like to see the consequences of their licentiousness brought home to them in so striking a fashion. It hurt. A noteworthy exception was Los Angeles, where the actress was made an honorary member of the Gamut Club, a male organization.

On the other hand, let there come to town a play or a spectacle through which thinly veiled lewdness runs rampant and it will receive hearty applause from our "best people" with free advertising from the pulpit in the shape of sloppy criticism.

So, also, with the printed page. An erotic novel becomes one of the "six best sellers" while a book or magazine designed to aid in the education and betterment of humanity is held up by the Postoffice Department, a pastmaster in this art of offending, and the publisher is perhaps imprisoned, ruined and broken in health, the fate of more than one worthy man. Under the loosest construction of the Post-office laws neither the Bible, nor Shakespeare, nor many other "classics" should be mailable.

Those who see indecency in every reference to natural functions,

where no indecency is intended, have prurient minds. The indecency is within them. They are the kind who would have beautiful modest nude statues made immodest and suggestive and indecent by covering them with petticoats. They fail to distinguish between Rabelais, who reveled in filth, and Shakespeare, who spoke more plainly than is now considered polite. Such morbid people are fit subjects for pity. They remind me of a boy, who crawls into a corner with a dictionary, and picks out "naughty" words.

Next to Mammon, the most popular god of this age is Hypocrisy. There are, however, signs of a revulsion. The city of North Yakima, Wash., has its own sex educational work. Through the health department a series of pamphlets for both sexes and various ages have been published and paid for out of the public treasury. Doubtless similar teaching will ere long be the rule. This will save thousands from physical, mental and moral ruin now almost forced upon them by the pernicious prudery of the age. It will doubtless be criticised as indecent and improper by "white slavers," "men's specialists," lechers, and others who prey on youthful ignorance, but it will cause humanitarians to rejoice.

The Goddess of Chance

EVERYBODY worships the Goddess of Chance, in one or more of her many alluring forms. Even when you marry you are taking a ticket in a lottery. Some gamble respectably, on the stock market, others play poker, which is not regarded by the police as respectable, although many respectable people play it. You can no more abolish gambling than you can abolish alcohol or prostitution. Therefore, the thing to do is to regulate it, so that as little harm as possible may be done. Especially should the young be guarded. That this has not been done hitherto in Los Angeles, I show on another page.

No intelligent person can read any one number of this magazine without getting a suggestion worth many times the price of a year's subscription.

If you do not care to subscribe for a friend or friends, you might at least call the attention of some of your thinking friends and acquaintances to the good work this magazine is doing. Every little helps.

In the long run it is with a profession as with marriage; we cease to remark anything but its drawbacks.—Valerius Maximus.

"Means of Grace"

JUST as many good honest people believe that the only road to spiritual salvation lies by way of the "means of grace" furnished by the Methodist, or Catholic, or Presbyterian, or Seventh Day Adventist, or Buddhist, or some other one of the hundreds of religious creeds, so do many good honest healers believe that the only road to physical salvation lies through hydropathy, or electricity, or sweating, or sun and air baths, or massage, or going barefoot, or osteopathy, or chiropractic, or non-meat diet, or non-starch diet, or fruit diet, or fasting, or mastication, or eating sand, or rectal dilation, or flushing the colon, or exercise, or relaxation, or sleep, or mental suggestion, or some other form of aiding Nature to restore normal conditions.

I believe in all these methods—and in some others. I also believe that no one of these methods is sufficient of itself, or should be made a religion, to the exclusion of all other means of physical salvation. Let all rational healers unite in welcoming and utilizing all methods that aid Nature to restore health, and in opposing all methods that place obstacles in her way, as stuffing, drugging, serum-injecting and the removal of necessary organs of the body.

"United we stand; divided we fall."

Buying Bonds

PHILADELPHIA recently sold \$4,000,000 of bonds by popular subscription. In a couple of days St. Paul disposed of several hundred thousand dollars in \$10 certificates. Oakland, Cal., is considering the same plan.

Good idea. This is what has made France so wonderfully rich. When the people begin to invest in safe bonds instead of speculative stocks it shows that they are beginning to think.

Think for Yourself

YOU would not let outsiders run your business would you? Why let others, ancestors and outsiders, boss your brain? Think for yourself. Do not take it for granted that a thing is right—or wrong—because your father and your grandfather did it or said it, or denied it, or because it is taught or denounced by your particular church, or political party. They may be wrong, you know. They cannot possibly all be right.

Investigate, and think for yourself. "Prove all things."

Brooklets

I notice that people with \$15,000 incomes like to tell how to live on \$15 a week.

* * *

Those who go through life merely accumulating money are the real muckrakers. Also, they miss much fun.

* * *

Until you buy a lot you have no idea what a City Council and civil contractors can do to you.

* * *

Most biographies are like retouched photographs.

* * *

Speed, speculation and stuffing shorten the lives of Americans.

* * *

Tramps are largely a product of machinery, immigration and woman and child labor.

* * *

A phlegmatic girl cannot make a good stenographer. A nervous girl becomes a physical wreck in a few years.

* * *

The pen is mightier than the sword, the pencil than the pen, and the "movie" film beats them all.

* * *

You may even overdo "efficiency." Man is more than a machine.

* * *

Teach children kindness to animals. It is good for them as well as the animals.

* * *

According to some medical writers you should scarcely dare to go to the toilet except "under direction of a physician."

* * *

You may usually judge how long a man has been married by the number of parcels he carries home.

* * *

Why always "rum fiend?" Probably less than two gallons of rum is sold in Los Angeles daily. Is rum wickeder than whisky?

* * *

Fear is man's greatest enemy. Fear only your own conscience.

* * *

Alcohol causes poverty. Yes, but poverty and unnaturally prolonged intensive work in noisy, sweaty factories lead to drink.

* * *

Those who constantly read good advice and do not follow it weaken their will power.

* * *

How our pet faults, reflected in a friend, become enlarged and distorted.

* * *

The beach leg and the ballroom bosom are improper when they exchange places. On the stage both are O. K.—and then some.

Hygiene in the Bible

WRITING in the *Nautilus* for July on "Suggestive Therapeutics," Prof. E. B. Warman says:

"In the case of the man born blind I do not, for a moment, believe that any learned theologian would contend there was any efficacy in the ointment made of the clay and the spittle, nor in the water of the pool of Siloam in which he was told to wash. These were powerful conductors of suggestive force and psychological power. Certain conditions are essential."

I am not quite so sure of this. Many years ago, as a youth, I discovered the great medicinal power of fasting spittle, and the benefit to the eyes of rubbing it in thoroughly over the lids, and all around the eyes, the first thing in the morning. Recognizing this medicinal quality, some have recommended that a piece of cracker should be chewed and swallowed on rising. As for the bath, many "wonderful cures" have been effected by giving a man, for \$5, a bath containing a little coloring matter, when the man had perhaps not washed his whole body for a year or more. The Jews of Palestine, 2,000 years ago, were probably not more cleanly than the Jews of Poland are today.

There are many other suggestions and commands in the Bible that some people pass over as being merely religious, or formal, whereas they are based on sound health laws. For instance, where St. James writes: "If any of you be sick, let him send for the elders of the church to pray over him, and anoint him with oil," this does not mean the dipping of a finger in oil, as is done today by the Catholic Church in "extreme unction," but the thorough rubbing of the whole body, practiced in the East for thousands of years as a remedial measure, and always used by the Romans after their baths. The great value of this practice is now at length again beginning to be realized, but not anything like so widely as it should be.

Circumcision is not merely a religious rite, but a practice which facilitates cleanliness, and averts many possibilities of contracting venereal disease.

In the dietetic laws of Moses may be found much sound advice. For instance, the forbidding of pork, and of eating milk and meat together, a most unnatural and unwholesome combination. Many passages about sincere faith, and earnest prayer are founded on the well-known principle of the power of auto-suggestion. No intelligent man attempts to deny that wonderful cures are today effected by suggestion in its various forms, including relics of a saint, Christian Science and earnest prayer, the cure being altogether dependent upon sincere faith in the mind of the patient.

I suppose my Prohibition friends would not permit me to add to these good suggestions the advice given by St. Paul to Timothy: "Take a little wine for thy stomach's sake."

Napropathy

DURING the past few years there has been a notable increase in the mechanical treatment of disease by various methods, such as massage, osteopathy, chiropractic and "mechano-therapy." The "regulars" are gradually adopting these methods, but, of course, they do not call them by such names. Also, they warn against the danger of letting these treatments be given by "quacks," meaning men who have devoted many years of their lives to a study of the methods, while the regular physicians know next to nothing about them. That, however, has been the doctrine of allopathy from the beginning. First deny everything, then claim everything.

The latest thing in this line is "naprapathy." I have received the fifth annual catalogue of the Chicago College of Naprapathy and the Journal of Naprapathy (1428 West Jackson Boulevard, Chicago). Naprapathy is described as "a system of curing human ailments by locating and correcting diseased ligaments." From this the outsider would infer that it resembles osteopathy and chiropractic, although I suppose the naprapathers would indignantly deny that it is anything like either, just as the chiropractors deny that their method in any respect resembles osteopathy, while the osteopaths declare that it is merely a variation of their treatment. However, the best way to inform yourself upon the subject is to write for literature.

Incidentally the catalogue informs us that "Chicago is the healthiest large city in the world." Perhaps.

The Vulgarity of the Reverend William Sunday

JIN THE Congregationalist, of Boston (quoted in the Literary Digest), Dr. Washington Gladden has the following to say about that high-priced soul saver, Billy Sunday—now the Rev. William Sunday—who is rapidly growing wealthy in the business of evangelism. He was hired to do a soul-saving stunt in Los Angeles during the recent Christian Endeavor convention:

"Every day he mounts the judgment-seat of the universe and sends men by scores to the right hand and to the left—mostly to the left. Statistics—of a sort—were kept of the number of 'conversions'; but of the number of those sent to hell, by name, no record, I believe, was made. It is a great omission; for that is a large part of the business.

"All evolutionists are consigned to hell. Mr. Sunday names, one by one, those whom he supposes to be evolutionists, and with a dramatic gesture flings each of them into perdition. 'There goes old Darwin! He's in hell, sure!' And the enraptured audience yells its applause, as one evolutionist after another is dropped into the fiery pit. A staid Methodist preacher, who watched this performance, said afterward, 'I would never have believed, if I had not seen it, that an audience of civilized Americans could show such a spirit as that.' The scene at a Spanish bull-fight is really, when you think of it, less horrible."

"One of Mr. Sunday's ministerial supporters in Toledo, Rev. Dr. Wallace, after listening to this sermon about the evolutionists, ventured to remonstrate with him privately. The next day on the platform Mr. Sunday turned to the protesting minister, shook his fist in his face and yelled: 'Stand up there, you bastard evolutionist! Stand up with the atheists and the infidels and the whoremongers and the adulterers and go to hell!' I have these words from Dr. Wallace himself, who adds, 'It is impossible to describe the venom with which these last words were uttered.'

I am not surprised that Sunday should talk this way, because I suppose it is his nature to do so. But why any gentleman should permit himself to be publicly insulted in such a blackguardly fashion is something I cannot at all understand. Is it perhaps because Sunday is an athlete? Why sit on a platform with such a foul-mouthed person? Dr. Wallace got what he deserved.

Dead Broke

AFEW weeks ago I was standing in the corridor of the postoffice when a fairly well dressed man, with a Vandyke beard, came up and asked if I would let him have a nickel or a dime. He said he was a doctor from the East, but was not permitted to practice here, and while waiting for a remittance from friends was starving. It happened that the only change I had in my pockets was a nickel, which I gave him, and he thanked me, saying it was hard to approach a stranger in such a way. He went off, and I suppose got a glass of beer and some free lunch, as, fortunately, misguided reformers have not yet succeeded in abolishing this last resource of the down-and-out.

He may have been an imposter, although I do not think so, but I would any day bestow many nickels on those who may be unworthy, rather than risk turning down one who is really in need. I know what it is to be broke and friendless in a city. Charity organization is good, so far as it goes, but it goes slow, and organized charity is of necessity even colder than the proverbial kind.

Osteopathy in Los Angeles

WHEN I first began writing on health subjects in Los Angeles, fifteen years ago, osteopathy was an unknown word to the average person.

Now a man must be quite ignorant not to know something about this popular mechanical method of treating disease. There are probably more osteopaths in Los Angeles, in proportion to population, than in any other city of America. There are two colleges, the Los Angeles College of Osteopathy, conveniently located in the business center on South Hill street, whose graduates may be found all over the Southwest, and the Pacific College of Osteopathy, in its own commodious building, at the corner of Daly street and Mission road. This college, established in 1896, has just published its eighteenth annual register. Both institutions will furnish literature on request.

Prostitution and Prudery

WILL segregation act as a protection against contamination, moral and physical? The social evil has been here amongst us since the beginning of time. It is here now, and exceedingly flourishing. It will stay here with us until the end of time. To the millennium—if that ever comes! So why shut our eyes to it? Why this puritanical hesitancy about speaking plainly, decently and looking at facts squarely? It is hypocrisy, nothing less. So long as men are men and women are women, just so long will the social evil exist. But that is not saying it can't be, to some extent, controlled. It can. And segregation affords the simplest solution at present. It has worked well where it has been adopted.

All this talk about putting down the evil altogether is just that—talk. It can't be put down. And, for heaven's sake, let us stop speaking softly and shamefacedly about it. Let us come out boldly, determined to do our best to spread knowledge of sex relations, in its natural and holy form, amongst the young. Equally determined to teach sex hygiene—the consequences of unlawful relations—the terrors of disease handed down from generation to generation. Let it be taught them decently and orderly, as history is taught. Why shouldn't it be? America has suffered long enough from this puritanical hypocrisy. And is she any better or cleaner for it?—Marion Delcomyn, in *Dietetic and Hygienic Gazette*.

The statement of this writer about segregation is not altogether correct. There are drawbacks to every method of handling prostitution, as there are to every method of handling sewage. Segregation has its evils, and the scattering of loose women all over the town in lodging houses has its greater evils. One thing is certain: Prostitution always has existed in large communities since the dawn of history, and always will continue to exist. To ignore it, or to attempt to suppress it entirely, is foolish, futile and harmful.

Newspaper Noises

WHO says we do not hear from the dead? Were you ever aroused from the depths of slumberland about eleven p. m. by some vociferous newsboy crying: "All about the great murder—Extry!" Let the dead past bury its dead. Today the newspapers prolong the agony as long as an extra nickel can be had for a paper.

Los Angeles is overrun with freak ordinances, including one to prevent the crowing of roosters, because they wake the living so early in the morning. Would not it be wise also to pass another ordinance to prevent newsboys from advertising the dead so late at night? Suppose you respond to the wail of the newsboy. You invest a nickel, read the appalling news, and again sink back to slumberland. What happens? The flight of the soul is directed by the last thoughts held in consciousness as you pass into the astral world. What a pleasant nightmare can be rehashed in your dreams while your poor body is striving to renew itself for tomorrow's work. Look in the morning at the faces of those reading "all about the Big Murder," and you have my answer.

Los Angeles.

GEORGE B. ABBOTT, N.D.

The Los Angeles S. P. C. A.

JN the July number was printed the following: "A man who complained of cruelty to a horse to the Los Angeles S. P. C. A. says he was told they could not do anything unless the horses are poor and sick."

N. W. Zimmer, superintendent of the Society, writes that this statement, made by a correspondent of a Los Angeles paper, is absolutely untrue. They are handicapped by lack of funds, having no city allowance, and only three officers, but carefully investigate all complaints.

Several grafting concerns of this kind have been working Los Angeles during the past few years. A commission bill, indorsed by all the legitimate societies of the state, which would have corrected this evil, was passed by the recent Legislature, but unfortunately Gov. Johnson refused to sign it.

The office of the Society is 314 Tajo Building, First and Broadway. Phones: A-1148, and Sunset, Main 1061.

Nurses and Hospitals

THE recent California legislature passed an eight-hour law for women, which includes hospital student nurses. It was strongly opposed by the hospital managements, for obvious reasons, and they are attempting to nullify the law by a referendum, or otherwise. They try to show that the nurses are opposed to the law, which is to smile. They also would have us believe that patients will suffer under the law, which is another bad joke. Patients are likely to suffer from being attended by girls worn out by long vigils.

Hospital nursing is at the best an arduous and unpleasant occupation. Hospital nurses often have to work unreasonably long hours, including the student nurses, who get \$5 a month, and board, while patients pay from \$25 to \$50 a week, and most of the hospitals pay large dividends on the original investments.

At the National Conference of Charities and Corrections in Seattle, in July, Father John A. Ryan of St. Paul, chairman of the Committee on Standards of Living and Labor, and one of the authorities of America on the industrial question, expressed the belief that the extension of the eight-hour law for student nurses was one of the most advanced steps in labor legislation accomplished this year in the United States. He thus appealed to the people of California:

"The movement to prevent by means of a referendum the application of the eight-hour law to student nurses ought to be opposed by all persons who believe in humanizing the conditions of labor."

"Eight hours is a sufficiently long day for any woman who is engaged in the various tasks that are performed by the student nurses."

"As a Catholic, I should regard it as unfortunate if any of our institutions should be so far misled and ill advised as to give aid and comfort to this referendum movement."

Benefited by Fasting

JENCLOSE a dollar to renew my subscription to BRAIN AND Brawn; if it was five dollars, I would have it.

Three years ago, after taking doctors' treatment and dope, I concluded to try a fast, which I did for fourteen days. The improvement in my condition was wonderful and such that I could do double the amount of work I had done for years before. Since that time I have not missed a copy of BRAIN AND Brawn, which is worth ten times the subscription price to any who value their health. Since then I have not taken any medicine. Whenever I do not feel right, I take a fast for a few days, which I have done several times in the past three years. To do this requires time, determination and effort, but it is worth the price.

M. M. GILLESPIE.

Los Angeles.

Flowers Versus Billboards

NOW that the large advertising boards that disfigure the landscape on either side of the French railroads have been taxed out of existence by the Chamber of Deputies, an ingenious and less offensive way of advertising specialties in the same places has been devised. Advertisers on the Orleans railroad have begun to plant beds of flowers of brilliant hues in the fields on either side of the track, with the blossoms so arranged as to spell the name of the products to which it is desired to draw the attention of the traveler.

Why can we not introduce such an altogether artistic and commendable substitute for those hideous billboards in California, the home of flowers, where there is no snow in winter to hide the blooms?

To Hide Their Blushes

AT a particularly salacious French performance in a London theater recently, the few society women present wore black velvet masks. This was the custom in London theaters in Shakespeare's time, when women's parts on the stage were taken by boys. At that time actors were classed as vagrants.

Garbage Fed Hogs

THE Los Angeles City Council has again been considering the plan of a municipal garbage hog farm. How any intelligent, cleanly person, who probably washes his body every day, can for a moment entertain such a filthy, disgusting, dangerous idea, is more than I understand. Go and see these hogs wallowing in a filthy, putrid mass of corruption, swarming with maggots, some of them dropping dead, and a large percentage ready to die when killed, and then tell me what you think about it. Experiments have shown that a great majority of hogs fed on brewery swill develop hog cholera. Far more so when fed on festering garbage. How many human beings die from eating this stuff we can never know, because they do not drop suddenly dead like the hogs, except when they get ptomaine poisoning, which is becoming more and more frequent. This filthy flesh, disguised with a "sauce piquante," is praised by the eater as "delicious" and "sweet." Yes. All flesh in an advanced stage of decay tastes sweet.

What is the city health officer about, to permit such a menace to the public health? He is always quick to establish unnecessary quarantines, when there are a few cases of measles, or infantile paralysis, as harmless to others as tooth-ache. Dealers who use a little preservative in their food are also prosecuted—as they should be... Here, however, is something that actually menaces the health of all who eat pork. That such hog wallows are unpleasant and annoying to all within smelling distance is an altogether smaller, though not unimportant feature.

Just before this number goes to press the City Council decided to accept the bid of a contractor who will build a reduction plant to dispose of the garbage. This is well.

Restriction of Vivisection in England

GREAT BRITAIN long ago led the United States by abolishing compulsory vaccination. Now they are again leading us in restricting vivisection. Following is from the London Standard of June 26:

"Standing Committee A of the House of Commons met yesterday to consider a Bill presented by Sir Frederick Banbury to prohibit experiments on dogs. Mr. Eugene Wason presided. The chief of the four clauses constituting the Bill provides that it shall be unlawful to perform any experiment likely to cause pain or disease to any dog, with or without anæsthetics, and that no person or place shall be licensed for the purpose of any such experiments. A penalty of £10 for the first offence is suggested, £50 or three months' imprisonment for the second, and £100 or up to a year's imprisonment for any subsequent offence. Sir Philip Magnus moved, and Dr. Chapple seconded, that the Act should come into operation on January, 1914, but Sir Henry Craik proposed that it should not come into operation until January, 1915.

"The amendment in favor of January, 1915, was lost by 17 to 13, and Sir Philip Magnus's motion in favor of January, 1914, was agreed to."

There is also a movement in England to regulate human vivisection, by compelling the holding of a coroner's inquest when a patient dies during, or immediately after, an operation.

Los Angeles College of Chiropractic

This college has been reorganized, with the following officers: A. W. Richardson, A. B., D. C., president; A. L. Richardson, D. C., vice-president; J. E. Huffman, M. D., D. C., secretary and treasurer. Beginning of August the college will occupy the entire second floor of 317 South Hill street, close to the business center.

The first semester of the fall term will begin on Tuesday, September 2, with all facilities for postgraduate as well as regular courses.

Last month, commenting on a letter from a correspondent, I said I had been hundreds of times likened to Carlyle, and "Carl Schultz." As the intelligent reader will have noted, this should have been "Carl Schurz."

From the "Pigeon Roost"

WHAT a suggestive title for a magazine! Brain and Brawn. Thought and labor. Working and thinking. Is there anything finer? We have only two classes of people in this world worthy of existence. They are the workers and the workers and thinkers. The workers are the foundation of our civilization. They can and must become thinkers, also, thus uniting and vitalizing power of thought with joyful work which alone makes the perfect man.

With such a splendid title to work up to, I am not at all surprised to find that my old friend, Harry Ellington Brook, for many years a sound and helpful writer on health subjects, well known throughout the whole country for his work as editor of the health department of the Los Angeles Times, is in his new magazine, BRAIN AND BRAWN, published at Los Angeles, Cal., sending out some of the soundest, cleanest, most helpful and most readable literature on hygiene and right living to be found anywhere. The number before me is so full of good things that to enumerate them would be to reprint the entire table of contents. I would like all readers interested in health to dip into Harry Brook.—BRUCE CALVERT, in the Open Road.

The Open Road (monthly) clubs with BRAIN AND BRAWN, at the rate of \$1.50 for the two publications.

Corns and Lemons

CORNS and warts, like consumption and cancer, are due to a morbid condition of the blood, and that again is due to wrong eating. "Ridiculous," I hear some of my readers say. If so, tell me why it is that some people get corns whenever they wear tight shoes, while others who wear equally tight shoes are little troubled in that way, or not at all.

An exchange tells of a simple corn cure used in Italy. A piece of lemon peel, with some of the fruit adhering to it is bound on the corn, and left there at night. This is an effective remedy, but it must be used with care, for lemon juice is a very strong acid. This is why it should never be swallowed unless diluted. Eating lemons is a bad practice. A relative of mine, instead of the peel, bound a slice of lemon on a corn, and he had a very sore foot for weeks after.

Meantime, while you are using this, or other local treatment, see that you regulate your diet, and get your blood into good condition, when you will not be troubled with corns or warts.

Books on Sex Subjects

SEVERAL valuable books on sex subjects are among those offered for sale by the Naturopathic Publishing Company. There are the celebrated "Self and Sex Series," edited by Rev. Sylvanus Stall and others; "We Young Men," a most excellent translation from the German, of which over 100,000 copies have been sold; "The Sexual Instinct," by Dr. James Foster Scott, and last, but not least, the "Home Cyclopedia of Medical, Social and Sexual Science," by the late Dr. Foote, containing a large amount of most interesting and instructive matter regarding the sexual functions, marriage, etc.

"Consecrated Dollars"

AT THE recent Christian Endeavor convention in Los Angeles, the treasurer, Mr. Lathrop, said: "The greatest power in the world is a consecrated dollar in the hand of a consecrated soul."

That is a rather clever phrase, but unfortunately a desecrated dollar in the hands of a desecrated soul has the same power for evil as a consecrated dollar in the hands of a consecrated soul. And there are a great many more desecrated dollars in the world than consecrated ones.

We frequently receive inquiries regarding chiropodists and dentists. We have no advertisement of a chiropodist, and only one of a dentist. Don't be bashful, gentlemen.

General William Booth Enters Into Heaven

By Nicholas Vachel Lindsay.

Booth led boldly with his big brass drum.

Are you washed in the blood of the Lamb?

The saints smiled gravely, and they said, "He's come."

Are you washed in the blood of the Lamb?

(Bass drums.)

Walking lepers followed, rank on rank,
Lurching bravos from the ditches dank,
Drabs from the alleyways and drug fiends pale—
Minds still passion-ridden, soul-powers frail!
Vermin-eaten saints with mouldy breath,
Unwashed legions with the ways of death—

Are you washed in the blood of the Lamb?

Every slum had sent its half-a-score
The round world over—Booth had groaned for more.
Every banner that the wide world flies
Bloomed with glory and transcendent dyes.
Big-voiced lassies made their banjos bang!
Tranced, fanatical, they shrieked and sang,
Are you washed in the blood of the Lamb?

(Banjo.)

Hallelujah! It was queer to see
Bull-necked convicts with that land make free!
Loons with bazoos blowing blare, blare, blare—
On, on, upward through the golden air.

Are you washed in the blood of the Lamb?

(Bass drums slower and softer.)

Booth died blind, and still by faith he trod,
Eyes still dazzled by the ways of God.
Booth led boldly and he looked the chief:
Eagle countenance in sharp relief,
Beard a-flying, air of high command
Unabated in that holy land.

(Flutes.)

Jesus came from out the Court-House door,
Stretched his hands above the passing poor.
Booth saw not, but led his queer ones there
Round and round the mighty Court-House square.
Yet in an instant all that blear review
Marched on spotless, clad in raiment new.
The lame were straightened, withered limbs uncurled,
And blind eyes opened on a new sweet world.

(Bass drums louder and faster.)

Drabs and vixens in a flash made whole!
Gone was the weasel-head, the snout, the jowl;
Sages and sibyls now, and athletes clean,
Rulers of empires, and of forests green!

(Grand chorus—tambourines—all instruments in full blast.)

The hosts were sandalled and their wings were fire—
Are you washed in the blood of the Lamb?
 But their noise played havoc with the angel choir.
Are you washed in the blood of the Lamb?
 Oh, shout Salvation! It was good to see
 Kings and princes by the Lamb set free.
 The banjos rattled, and the tambourines
 Jing-jing-jingled in the hands of queens!

(Reverently sung—no instruments.)

And when Booth halted by the curb for prayer
 He saw his Master through the flag-filled air.
 Christ came gently with a robe and crown
 For Booth the soldier while the throng knelt down.
 He saw King Jesus—they were face to face,
 And he knelt a-weeping in that holy place.

Are you washed in the blood of the Lamb?

—From "Poetry," a monthly magazine published by Miss Harriet Munroe,
 543 Cass Street, Chicago.

The worst possible thing is to give a diet of raw eggs and milk in consumption. They create more consumption. Such a diet will produce consumption within six months, beginning with a normal person.—Prof. B. H. Jones in "Common Sense Diet."

Health Advice by Mail

AS editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of BRAIN AND Brawn, it has been my privilege to give dietetic and other advice by mail to hundreds of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy and hydropathy are valuable means of aiding nature. Sometimes these methods are indispensable. Any honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. "As a man eateth so is he."

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

I perform no miracles. I promise no cure. Nobody ever cured anybody. Whoever says he can cure anybody is a fool or a knave. Nature alone cures. All I do is to point out the way.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of hygienic home treatment.



Mail Address, P. O. Box 612, Los Angeles, California.

The Shriek of a Snail

ANY people suppose that cold-blooded animals have no feelings. This is a great mistake. Their feelings may not be so acute as yours and mine—although of that we know nothing—but that they do feel there can be no question.

A man who has a fine home in Los Angeles was troubled with snails that devoured his herbage. One morning he swept a pile of them together, covered them with debris, poured thereon coal oil, and set it on fire. Whereupon, he declares that he distinctly heard the shrieks of the snails, as they were burned alive.

When it becomes necessary—or you think it is necessary—for you to put to death some of the lower order of creatures, see that you do so in as merciful a way as possible. For instance, I do not see how any right-thinking person can look with equanimity on the struggles of flies, as they slowly smother to death on those sticky papers that one sees around everywhere in summer. There are poison papers and fly traps on the market.

The trouble with most people is, not that they are cruel, but that they do not think.

A Long Hike

EDWARD PAYNE WESTON, the veteran pedestrian, recently started on another long walk, from New York to Minneapolis, a distance of 1500 miles. He plans to reach the latter city on August 22, and expects to average 26½ miles a day, resting on Sundays. In March, 1876, I saw Weston doing the last rounds of a remarkable six-day walk in the Agricultural Hall, London.

Weston is not a strict vegetarian, but he observes great moderation in his diet, to which his remarkable endurance at an advanced age may chiefly be attributed.

Jewish Charity

WHEN thou reapest thy harvest in thy field, and hast forgot a sheaf in the field, thou shalt not go again to fetch it: it shall be for the sojourner, for the fatherless, and for the widow; that Jehovah thy God may bless thee in all the work of thy hands. When thou beatest thine olive tree, thou shalt not go over the boughs again: it shall be for the sojourner, for the fatherless, and for the widow. When thou gatherest the grapes of thy vineyard, thou shalt not glean it after thee; it shall be for the sojourner, for the fatherless, and for the widow.—Deuteronomy xxiv:19-20.

Rational Treatment of Diphtheria

I was called recently to my thirteenth case of croupous-diphtheretic inflammation, in the city of Pittsburg, all of which cases were handled in the same way, and with the same results. I have, many times, employed the same methods with like results in other localities. In this case every characteristic symptom was present from the first. Within twelve hours the general temperature was reduced, there remaining but little local fever in the throat and tonsils. The ulcerations and swelling gradually disappeared until, upon the third or fourth day, there was little, if any, apparent abnormality. This patient, 7 years old, was not kept in bed a single day.—B. H. Jones, 516 Federal St., Pittsburg, Pa.

By a change of editorial policy the Florida Beacon, published at Ruskin, Florida, will become a champion of the National Landward movement and advocate all industrial and educational conditions that make for betterment in country life.

Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

CHOCOLATE AND COCOA.

Will you say something about cocoa and chocolate? I believe many would be interested.—William L. Lahey, Chicago.

Most writers on diet say that cocoa and chocolate are less harmful than tea and coffee. I do not agree with them. Cocoa is a food. Food should never be drunk, but eaten. This is why liquid foods, such as grape juice, and milk, and soup, are harmful, unless they are very, very carefully masticated and "chewed."

Cocoa and chocolate are heavy, "biliary" foods. They are often adulterated with starch. A mixture of sugar and starch is bad, and a mixture of sugar and milk is bad. When you mix three together you are almost sure to have fermentation in the stomach. In place of the stimulants in tea and coffee, caffeine and thein, cocoa contains the stimulant theobromin (food of the gods). It also contains a considerable percentage of xanthine, the equivalent of uric acid. It is a concentrated food, and if freely indulged in, will produce constipation.

For these reasons I regard cocoa and chocolate as more unwholesome than tea and coffee, just as I regard grape juice (when drunk) as more unwholesome than claret.

FALLING HAIR.

H. L. P.—Falling of the hair is due to a general run-down condition of the system. Over-heating of the blood may cause it. The diet must be closely regulated. For local treatment keep the head clean. Do not cover it more than you can help. Avoid all "rats" and similar abominations, and thoroughly massage the scalp daily with the finger tips, dipping them in St. James's Oil.

DILATION OF THE BOWELS.

Dr. J. H. Kellogg has written: "When over-accumulation in the bowels has been allowed to exist habitually for years, the walls of the intestines may become so stretched that their natural muscular activity is gone, and can never be recovered." What do you think of this?—D. E. S.

There may be some cases that have gone too far, but I believe there are very few that would not yield to persistent and intelligent hygienic measures. It has been fully proved that dilation of the stomach can be cured by a prolonged fast. Why not, therefore, dilation of the bowels? Dr. Kellogg does not believe in fasting, against which practice he has written strongly in "Good Health." Therefore, perhaps he does not know what wonderful cures may be effected in this way.

Have You a Friend?

WHAT more appropriate and useful souvenir could you buy him, for a dollar, than a subscription to **BRAIN AND Brawn**? It will remind him of you every month, for a year, and it will do him good.

Or, perhaps, you are so fortunate as to have six friends. In that case you may present each with a year's subscription for five dollars. Send us the "dough" and we will do the rest.

BRAIN AND Brawn, Chamber of Commerce Building,
Los Angeles.

Vox Populi

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

NOTHING DULL ABOUT IT.

I have thought for some time that I would write you a line of appreciation commanding you for the most excellent, instructive, breezy, chatty, interesting, scientific, yet bold and fearless little magazine, which makes it in reality a great magazine, for which there is room and need. Even among the ever-increasing number of periodicals, yours should win and maintain a first-rank position. There is nothing prosy, technical or dull, but every page is full of bright, suggestive, readable matter, written in a style that is scholarly, revealing literary ability and also scientific knowledge of natural ways of healing and preventing disease and suffering. I sincerely hope for BRAIN AND Brawn an ever widening circulation and usefulness.—Jabez Haigh, Field Secretary, Social Welfare League, 123 South Broadway, Los Angeles.

AN OPTIMIST.

I am confident that some day BRAIN AND BRAWN will have as great a circulation as Physical Culture. I understand they claim over 200,000 in the United States and Great Britain. It all depends whether H. E. B. will stay with it as tenaciously as McFadden has done. The "Brooklets" and "Briefs" are alone sufficient to make BRAIN AND BRAWN popular.—Sanford Bennett, 315 Sutter Street, San Francisco.

INTERESTING AND INSTRUCTIVE.

Your magazine is interesting and instructive, and the subscriber who fails to receive full value for the sum invested is to be pitied.—Henry W. Schillinger, Hotel Tallac, Lake Tahoe, Cal.

COIN AND COMMENDATION.

Enclosed find check for \$5 for six subscriptions to BRAIN AND BRAWN. I wish again to commend you for the manner in which you are conducting the editorship of the magazine. I hope you appreciate the fact that you are a great power for good.—Samuel F. Grover, N. D., Portland, Ore.

IMPROVING ALL THE TIME.

The magazine seems to get better all the time. I was afraid it was too good to last, but I have seen no signs yet of its running out of copy.—Norman R. Lewendon, 3559 Marine Drive, Vancouver, B. C.

TOO MUCH VARIETY.

I am a subscriber to your magazine, taken because I enjoyed your articles in the Los Angeles Times, but I do not find your magazine as interesting as I thought it would be. Why not write along the same lines as you did in the Times—how to take care of our body, etc.—(Mrs.) F. S. Darling, Deal Beach, New Jersey.

ONE OF THE BEST.

I am enclosing one dollar, for which kindly renew my subscription to one of the best little health magazines that I have ever read... I wish you continued prosperity and success.—R. E. McNamara, 513 Brady St., Davenport, Ia.

A LIGHT TO HEALTH AND HAPPINESS.

I am one of many admirers of BRAIN AND BRAWN, which is a light to health and happiness, and in time will be in the hand of every right-minded man. If I find more of our kind, I shall be glad to help the magazine as much as possible.—Joseph Korwin, El Segundo, Cal.

HUMOR, SATIRE AND HEALTH.

Humor, Satyre, und aus dem Gebiete der Naturheilkunde und besonders in der Dietetic ein Geist; ein Riese. Der ist BRAIN AND BAWN.—Fritz Holsheimer, Leighton Hotel, Los Angeles.

ADVERTISING LOS ANGELES.

Los Angeles needs a publication like BRAIN AND BAWN, which eventually will circulate all over the English-speaking world, to advertise the city as an intellectual center, and not only a paradise for fellows who deal in dirt.—Alfred Dolge, Covina, Cal.

BEST IN AMERICA.

I have felt an immense interest in your work ever since I read your first issue. I have for years felt that such a publication was badly needed. Also, that with half a chance it would succeed. The people need the civilizing influence of your "stuff." You are making the best health journal in America, and with your ability as a writer on health topics, and the right kind of outside push, the magazine should easily reach a large circulation within a short time.—Zack Shed, Denver.

"CUSS WORDS."

There is just one objection I have to your magazine, and that is your use of such expressions as "damned scoundrel," etc. Though not especially religious, the use of the word "damned" jars on my sense of the esthetic in language. Of course, the use of the word does not convey any additional meaning to a statement—the only object, I suppose, is simply to use a "cuss word." Most refined women and men do not enjoy listening to "cuss" words... What's the use of offending the sense of refinement of your audience? Perhaps you may say some preachers make use of such words. Even so, some preachers are unrefined.—Mattie V. Mitchell, Demorest, Ia.

To Advertisers Who Think

WISE advertisers recognize the value of quality as well as quantity. A very large purchaser of advertising space was recently quoted in Harper's Weekly as saying: "Mere circulation without a definite value, although usually advanced as a chief argument, means nothing. Magazines deservedly held in highest regard produce most sure and profitable results."

I would not recommend you to advertise drugs or hog products here, but if you have a good thing that appeals to our class of thrifty people who think, an advertisement will yield profit if you give it a fair trial—say for not less than three months. Readers go through this magazine every month "from kiver to kiver."

Our advertisements are carefully censored. Readers know we accept nothing "off color." This makes space more valuable. Any intelligent man is willing to pay more for a residence lot with restrictions, than for one where he may have a laundry on one side and a sawmill on the other.

If you wish, I will write your advertisement, without extra charge. Some of my friends are kind enough to say that I am no "slouch" of a writer. And I have had thirty-seven years' experience in California, so I know my people. Otherwise, our advertising manager, Ralph Lanehart, will cheerfully furnish you with full particulars.

Our address is 508 Chamber of Commerce Building, Los Angeles. Telephone (Sunset) Main 5364.

HARRY ELLINGTON BROOK.

The Printed Page

BRAIN ROOFS AND PORTICOS; Jessie Allen Fowler; order through Naturopathic Publishing Company; 148 pp, many illustrations, \$1.10 postpaid.

Phrenology is something more than feeling your "bumps." An experienced person can judge of a person's character, not only by the face and the head, but by the appearance, the walk, and the voice. This book is a study of mind and character. It tells about the temperaments, the choice of pursuits, the problem of marriage, the development of a child, how to tell character from photographs, and many other interesting things.

MIND POWER AND PRIVILEGES; Albert B. Olston; order through Naturopathic Publishing Company; 406 pp, \$1.65 postpaid.

Within the past few years many books have been written on the power of the mind, some sane and practical, many otherwise. This book is one of the former kind. The author, among other subjects, deals with the subjective mind, telepathy, suggestion, mind and body, physical culture, hypnotism, habit, and Christian Science.

THE POSSIBLE ORIGIN AND NATURE OF LIFE; Jennie Kruckeberg; booklet, 40 pp.; published by the author, Los Angeles; price 50c.

The author of this, who is evidently a deep thinker, wrote "Meditations of an Optimist," which I mentioned some time ago. In the present little volume she outlines what she believes to be part of a new synthetic philosophy. One must be something more than a slovenly thinker in order to understand her arguments.

HOW TO FEED THE BABY; C. E. Page, M.D.; order through Naturopathic Publishing Company, 160 pp, price \$1.00 postpaid.

It is said that one-third of the babies born in this country die before they are one year of age. Undoubtedly at least 90 per cent. of these deaths are due directly to over-feeding. What Dr. Page says in this book will appear to many radical, but it is absolutely true. It should be read by all who have, or expect, a baby in the house.

FASTING FOR THE CURE OF DISEASE; Linda Burfield Hazzard, D. O., 160 pp.; order through Naturopathic Publishing Co.; \$1.00 postpaid.

This is one of the best smaller books I know on the subject of fasting. It is thoroughly practical, although neither this, nor any other book, will altogether supplant personal advice and encouragement, where the patient is not grounded in the laws of health.

CLEAN AND STRONG; E. A. King and F. B. Meyer; 200 pp.; for sale by E. A. King, 40 South Sixth Street, North Yakima, Wash.; \$1.00.

This book affords another evidence of the gratifyingly increasing interest taken by the public in serious sex education, whereby so much misery may be averted. Writing to me, Mr. King, who is—I believe a reverend—says:

"I wish you would give this book of mine as good a boost as you did the little pamphlet some years ago. The fact is you are, in a sense, a sort of father, of this one, as it was your splendid boost that gave me courage to write this and it was you who created a demand for it."

"This book—so far as my part is concerned—is calculated to create in the mind of the young reader a hopeful, vigorous, self-conscious conviction that he can be strong and clean. The note of hopefulness runs through it all."

THE LAST WORD ON DIETETICS; B. H. Jones, booklet, 64 pp.; published by the author; 516 Federal Street, Pittsburgh; 25c.

This is a supplement to "Common Sense Diet," reviewed in the July number. As I said then, so I say of this: "A good book, containing most excellent advice on diet, by one who evidently knows what he writes about." I must criticize the title. It is not "common" sense. It is uncommon sense.

The Griefs of Long Ago.

On that deep-retiring shore
 Frequent pearls of beauty lie,
 Where the passion-waves of yore
 Fiercely beat and mounted high;
 Sorrows that are sorrows still
 Lose the bitter taste of woe;
 Nothing's altogether ill
 In the griefs of Long-ago.
 LORD HOUGHTON.

Among the Healers.

[Brief items of interest for this department, such as changes of address, firms, etc., are solicited. They should be received by the fifteenth of the month. Address letters to the editor.]

Dr. George B. Abbott, secretary of the Association of Naturopathic Physicians of California, has been laid up for a month as a result of overwork. In addition to his large office practice, Dr. Abbott has been attending to much legislative work for the association. He is now recuperating.

Dr. August Greth now calls his institution the "California Health Institute and Naturopathic Sanatorium." For particulars in regard to classes write or call. Dr. Carl Schultz, who had hoped to take a well-earned rest, has been practically forced by the urgent demand of his former patrons, to continue his attendance at the institute on Tuesdays, Thursdays, and Fridays, from 9:30 to 11 a.m.

Dr. Margaret C. Goettler conducts a first-class private health home, with screen sleeping porches, and other hygienic attachments at 464 North Fair Oaks avenue, Pasadena. Patients have the great advantage of Dr. Goettler's thorough knowledge of hygienic food combinations.

Dr. Frederick J. Cook is now located at 224-5 Exchange building, Los Angeles.

There is much indignation among natural healers in Michigan at a restrictive medical measure passed by the State Legislature which would make it illegal for any but an M.D. to give a sick person a bath.

Friends of Dr. A. P. Davis, of the Davis College of Neuropathy, Los Angeles, will be glad to learn that he now enjoys perfect eyesight, in the eye which was operated on last summer by a medical friend of Portland, Ore.

A few weeks ago I had the pleasure of meeting, at our office, Dr. Lessem, of San Diego, a veteran practitioner of the regular Kneipp school of healing. He has been in business for 26 years in San Diego, where he is highly respected.

Dr. Tell Berggren, of Coronado, was in town recently. His open-air establishment is unique for this section, although such establishments are numerous in Germany and Switzerland. Dr. Berggren has notable improvements in view, that will make his place even more attractive.

E. Albert Maas, editor of the Strathmore Call, Tulare county, writes that there is a good opening in that town for a naturopathic physician, a young man preferred.

You will find the cards of a number of naturopathic, osteopathic, chiropractic, and other good independent doctors in BRAIN AND Brawn. There are other good men here and hereabouts, but they are apparently too bashful to let the public know it.

Several independent practitioners of Southern California who have M.D. degrees from other States, will apply for licenses under the reciprocity clause of the Avey Senate bill, passed by the late State Legislature.

Dr. T. J. Williams, of 315 Houston St., Fort Worth, Texas, recently wrote to Dr. F. L. Willson, of Los Angeles, that he is making a hard fight against the Medical Trust in the line of compulsory school examinations, "Health bureaus"—meaning agencies for serums—etc. He says: "I have found that it paid to fight, and not let them run over you." He is right.

Dr. J. H. Tilden, of the Denver Stuffed Club, announces that he has arranged to receive for treatment those who are suffering from alcohol, tobacco, morphine, or other drug addictions. Any treatment given by Dr. Tilden will be rational and effective.

The Business Office

BRAIN AND Brawn may be found at the following public libraries:

California: Los Angeles, San Bernardino, Riverside, Ventura, Santa Monica.

Arizona: Phoenix, Tucson.

Also at the Metaphysical Circulating Library, 910 Black Bldg., Los Angeles.

An order for twenty-five dollars worth of books was received by the Naturopathic Publishing Company from Kurachi, India.

If you think of securing any of those back numbers, do not wait too long. Each of them is a complete booklet and worth many times the price asked for it. See prices and subjects on a previous page.

The perusal of the good books on health for sale through the Naturopathic Publishing Company is equal to a college course of hygienic education, at much less expenditure of time and money.

Following is the semi-annual statement, required by the U. S. Post Office Department of all publications:

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Names and addresses of stockholders holding one per cent or more of total amount of stock: Carl Schultz, 508 Chamber of Commerce Building, Los Angeles; Harry Ellington Brook, same address; Henry Gross, 315 West Pico Street, Los Angeles.

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CLARA BROOK,
Business Manager.

Signed and sworn to before me, July 30, 1913, J. C. OLIVER, Notary Public, Chamber of Commerce Building, Los Angeles. Commission expires March 8, 1917.

That fake, the "Wood Waste Magazine," of the Wood Waste Distilleries Company, Wheeling, West Virginia, is still getting advertising space in one of our exchanges. When we were young and innocent we ran several advertisements for these people, but never got a cent out of them. I have warned publishers about them before, and now do so again. They are N. G., and their product is probably the same.

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Have a Smile.

In Riverside, Cal., several years ago, they were talking about granting a few liquor permits. Bertie, hearing this, exclaimed, "Oh, mama, I hope they won't do that because then I shall not be able to find any more bottles in the alleys to sell."

ENOUGH SAID.

On his eighty-fourth birthday Paul Smith, the veteran Adirondack hotel-keeper, who started life as a guide and died owning a million dollars' worth of forest land, was talking about boundary disputes with an old friend.

"Didn't you hear of the lawsuit over a title that I had with Jones down in Malone last summer?" asked Paul.

The friend had not heard.

"Well," said Paul, "it was this way. I sat in the courtroom before the case opened, with my witnesses around me. Jones bustled in, stopped, looked my witnesses over carefully, and said: 'Paul, are those your witnesses?' 'They are,' said I. 'Then you win,'" said he. 'I've had them witnesses twice myself.' "—Argonaut.

A GOOD SNAKE STORY.

Albert Graham of Monte Ne, Ark., related a remarkable escape of a girl from being bitten by a large rattle-snake.

The girl stumbled over a stone and fell headlong. Her face struck only a short distance from the rattler, with its

mouth wide open, ready to sink its deadly fangs into her cheeks.

The young woman was chewing gum and her fall caused it to fall out of her mouth, striking the snake squarely in its mouth. The snake quickly closed down on it, and while the reptile was in this position the girl sprang to her feet and killed it.

The snake had sixteen rattles and a button. A visitor at Monte Ne gave the girl \$25 for the rattles and a doctor paid \$4.30 for the carcass.—New York American.

THE LONG AND THE SHORT OF IT.

It chanced that two New York men were in a Western lumber camp at a noonday meal which they were invited to take in the shanty of the superintendent.

The menu was the usual one: bacon, eggs, potatoes and hot bread. The superintendent's wife cooked the meal and sat at the table with the men.

When she poured the tea, she asked the first gentleman which he would have, "long or short sweetening?"

On a hazard he said, "short sweetening," whereupon the lady bit a lump of sugar in two, and putting one into his cup, threw the other back into the bowl.

The second gentleman, thinking he could fare no worse, declared his preference for "long sweetening." His amazement knew no bounds when his hostess dipped her bony forefinger into the molasses jug and then stirred his tea with it.

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LOS ANGELES

BRAIN AND Brawn

THIS magazine is devoted mainly to the following purposes:

The instruction of the people in regard to the Nature Cure, or drugless method of healing disease, including such natural aids to nature as diet, exercise, fresh air, spinal manipulation (osteopathy, chiropractic, etc.), massage, hydropathy, and mental suggestion.

The combating of medical errors and crimes, such as the poisoning of the blood with filthy animal virus, the absurd exaggerations of the germ theory, the suppression of symptoms instead of removing the cause of disease, the scaring of the people with false ideas in regard to infection and useless quarantines, drugging, vivisection, and unnecessary surgical operations.

Medical as well as religious and political freedom. The right of every man to choose his own physician as he chooses his own priest—or goes without one.

Education of the people in regard to the laws of health, and the cause of disease, especially in regard to diet.

Advocacy of pure food, and descriptions of adulterations.

Exposure of heartless and scoundrelly quacks, both "regular" and irregular, who prey upon the sufferings of poor humanity, not even attempting to cure diseases they are powerless to cure, so long as the victim has money.

Information regarding fake remedies that never have, could or would cure disease, but only serve to deplete the purse of the patient.

Eugenics, or the right of a woman to control her own body—to say when and under what conditions she shall conceive—and the right of the child to be well born.

The humane treatment of children and animals.

The establishment of universal peace, with honor.

The "back to the land" idea, showing the advantages of a "little land well tilled," to furnish small productive homes to those now dependent on precarious wages in our congested cities.

The simple life and the uplift of humanity.

Our health platform is as follows:

1. Disease is an effort of nature to remove poisonous or morbid matter from the system, and to restore normal conditions.

2. Drugs taken into the stomach, and filthy animal matter injected into the blood interfere with these healing processes of nature, suppressing symptoms of disease, while never effecting a cure.

3. The germ theory is a superstition. Germs are not the cause but an effect of disease, just as maggots are not the cause of rotting meat. Many germs are not only harmless, but are beneficial and necessary. At any time you may find in the throats of many people who will never get those diseases, the germs of diphtheria, cholera, tuberculosis, and other so-called "infectious" diseases.

4. There is no such thing as "infection" or "contagion," as generally understood. Skin diseases or blood diseases may be passed from one person to another by direct contact, where there is an abrasion of the skin. Therefore, all quarantine is useless annoyance.

5. There are no superfluous organs. A great majority of surgical operations performed now-a-days are not only unnecessary, but dangerous and harmful, and should be forbidden by law.

6. There are rational means of aiding nature to purify the system and restore health. Among these are diet, fasting, active and passive exercise, hydrotherapy, the adjustment of the spine, (osteopathy, chiropractic, etc.), deep breathing of fresh air, sun and air baths, rest, sleep and mental suggestion.

7. Next to air, food is the most vital of all subjects relating to the care of the body. Food is the material of which the body is formed. You cannot make a good suit of clothes out of bad wool. As a man eateth so is he.

How to Have a Fine Complexion

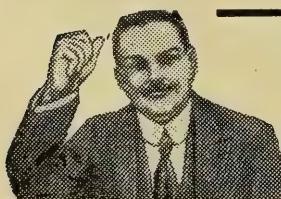
NINON de L'Enclos, the "woman who never grew old," was still charming when she died, at the age of 91, and one of her male friends and followers, to whom she imparted her secrets of beauty, is said at the age of 89, to have inspired one of the famous beauties of the English Court with an ardent attachment. One of the main secrets of this woman disclosed after her death by her chief maid, was a face mask, which she wore at night.



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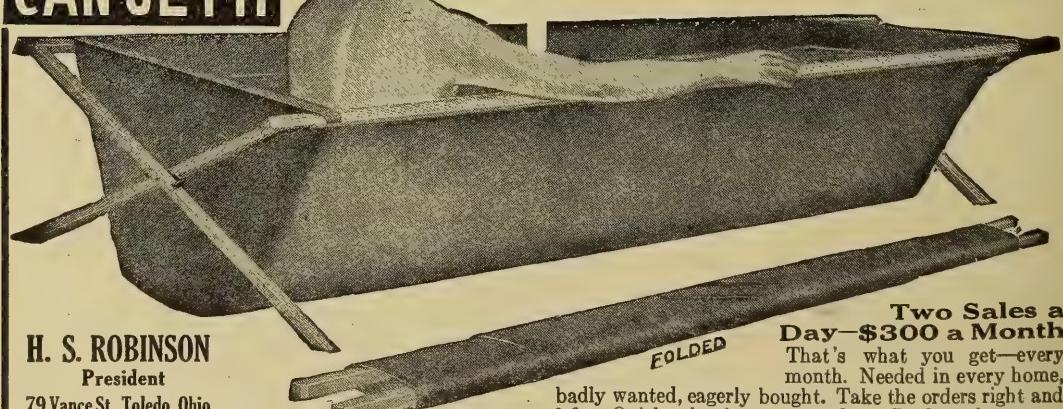
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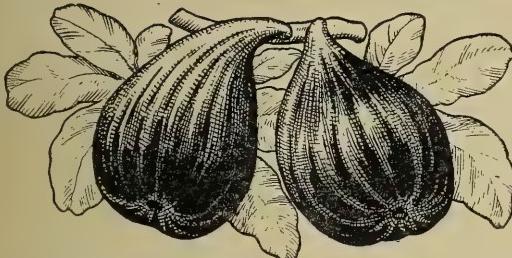
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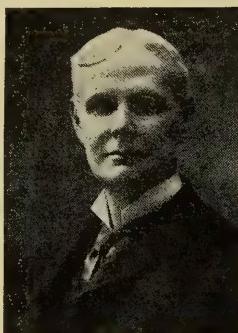
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Brain and Brawn

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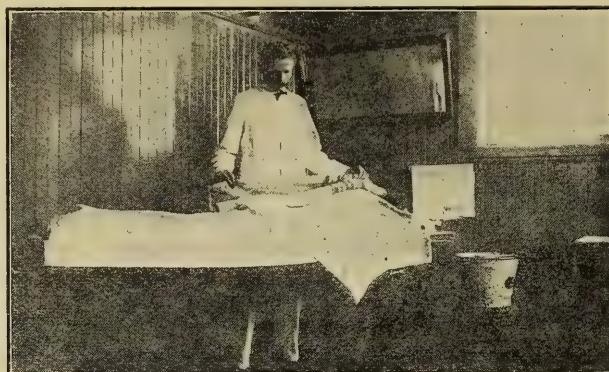
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Vol. II

LOS ANGELES, SEPTEMBER 1913

No. 4

Sweetness and Sickness

"A surfeit of the sweeter things
The deepest loathing to the stomach brings."

ANYONE who has made some study of the laws of health is forced to wonder at the great amount of misleading stuff on health subjects—especially dietetic subjects—published in the press. After all, one should, however, not be surprised at this, considering the fact that a great majority of the medical fraternity, supposed to be our teachers and guides in health matters, are woefully ignorant about diet, because they are not taught it in college. Or, at best, they only have a superficial knowledge of the important question of building and renewing the body by food. Therefore, when cornered by a patient, they take refuge in "Eat what seems to agree with you."

Here is one of the latest pieces of foolish misinformation regarding sugar. It is from the Indianapolis News:

The belief is gaining ground in many quarters that if you wish to stave off old age and to have the feeling of perennial youth and gaiety, no matter what your actual years may be, you cannot do better than eat plenty of sugar. One of the pioneers of this theory is Prof. Metchnikoff, who has made exhaustive experiments to prove his statements. There are some who even assert that not only does the frequent eating of sugar keep one from growing old, but that if a man or woman will begin the sugar treatment, even after senility has set in, the effect will be so great as to amount to a complete change in his or her character.

This is absolutely and unequivocally false. One might almost think the article was paid for by the Sugar Trust. Instead of prolonging life, the use of refined cane sugar greatly increases disease, and so shortens life. It is specially harmful to the kidneys and the eyes. The free use of sugar by children lays the foundation of life-long ills, and is one of the main causes of such troubles as so-called "infantile paralysis." This is true even when the sugar is pure. In cheap candies it is grossly adulterated.

Refined cane sugar is of comparatively recent introduction. In Queen Elizabeth's time the market price of sugar was fifty shillings (about \$12) per pound. Then, of course, its use was confined to the rich. That was yellow, or brown, sugar. The great reduction in price of refined cane sugar has not been, as many suppose, a blessing, but a curse. Americans consume more sugar than any people except Australians, and have more doctors and dentists. The United States consumes 85 pounds a year for every man, woman and child. Like other unwholesome things, cane sugar was first used as a medicine. Beet sugar is chemically identical with cane sugar.

In England, when I was a boy, children would, occasionally as a treat be allowed to suck "sweets"—lemon drops, peppermint drops,

etc.—one of them lasting in the mouth perhaps ten minutes. Here, today in America, women and children eat candy by the pound. Yes, and men, also, especially men who use no alcohol, turn their stomachs into a fermenting vat by eating freely of candy.

For the benefit of many new readers, I reproduce the following from an article I wrote on "Sugar, a Prolific Cause of Disease," in the March number:

Refined cane sugar is not a food but a food element. Our fathers used brown sugar—"moist sugar" they call it in England—in place of white loaf, or lump. They also used coarse, black molasses instead of the refined product.

Cane sugar readily undergoes fermentation in the moist warmth of the stomach, especially when, as is so common, it is mixed with starch. This leads to gas, with attendant sleeplessness. It also causes bilious attacks, catarrh of various organs, jaundice, liver ailments, diabetes and seriously affects the eyesight.

The appetite for refined cane sugar is acquired. It burns the tongue of those who are not accustomed to it. Some native races will spit it out with every manifestation of disgust. The Scotch Highlanders rarely use sugar. They are not a feeble folk.

Fruit sugar—technically known as grape sugar—is as good as refined cane sugar is bad. Satisfy your natural craving for sweets with fruits, fresh and dried, sweet roots, like carrots, beets and turnips, to which you may occasionally add a little honey or pure maple sugar—if you can get it. Especially see that the children are trained to eat and enjoy natural sweets. Candy, even when pure, is bad for the health. When adulterated it is worse, and is the leading cause of many serious ailments of childhood, among others the much-discussed "infantile paralysis."

Give this suggestion a fair trial for three months, and note the results. It is founded upon the experience of over fifty years in my own person, and that of many whom I have given advice on health.

Those who advocate the use of sugar are fond of trotting out the old story about the use of it in the German army, just as those who advocate vaccination are fond of telling us about the wonderful immunity of the German army from smallpox in the Franco-German war. The facts are these: The sugar test referred to took place about fifteen years ago, and was soon abandoned, because it was found that while the sugar acted as a temporary stimulant—like whiskey—it proved harmful to the health of the men. As to smallpox, the German government kept no record of deaths in the army from smallpox during the Franco-German war.

When the corpses of survivors of the Franklin polar expedition were found, the men having starved to death, cakes of chocolate lay beside the bodies.

I will, however, not confine myself to my personal opinion. Let us see what some others say on this subject. Following is an extract from "How to Prolong Human Life Through Diet" by Dr. Axel Emil Gibson of Beaumont, Cal., a close and conscientious student of the laws of eating:

Extracted from its natural combination, sugar becomes perverted into a thing of prey and plunder, restlessly seeking an opportunity to satisfy its ruptured affinity, by robbing from other compounds the elements involved in its own loss. And as its principal loss is oxygen, the first and fiercest attack of sugar on the digestion and assimilation is leveled at tissues rich in that element. Introduced into the stomach in combination with the heavy nitrogenous substances of eggs, meats, beans, peas, etc., the sugar, to the extent it is present in its "free" form, absorbs in a few moments whatever available oxygen is found, not only in the food stuffs themselves, but likewise in the

hydrochloric acid which forms the main and indispensable ingredient in the gastric juice.

Thus bereft of its normal supply of oxygen, the gastric chemistry offers no other alternative than decomposition, which means the repetition of the old familiar processes of fermentation, with its distressful features of gas in the stomach, sour belchings, and subsequent attacks of headaches, dizziness and the melancholic tired feeling of a life miss-spent and opportunities wasted. . . .

Sooner or later the consequences of immoderate indulgences in sweets will manifest some one or other of its hydra-heads; systemic catarrh, breakdown of liver and kidney, or some grave, acute attack of heart, lungs or alimentation.

Dr. Bircher-Benner of Zurich, Switzerland is one of the leading European authorities on food. I translate the following from his "Grundzuege der Ernaehrungs-Therapie:"

The concentrated sugar of commerce is not a natural food. It represents only one phase of chemical energy. It is only important in diet when found in natural combination, and so eaten.

Otto Carque, the food chemist, whom I regard as one of the best authorities in America on food values, has written as follows:

Refined sugar consists only of three elements, oxygen, hydrogen and carbon, while the human body is composed of fifteen elements, all of which are important for the formation of healthy and firm tissues and in the performance of the various physiological functions of the organism. These elements can only be assimilated by our system in an organized form, as they are contained in natural foods, such as fruits, nuts, whole cereals and vegetables. Life and health cannot be maintained by proximate food principles such as refined sugar, starch, gluten, obtained by mechanical or chemical processes. A German scientist who has made a large number of experiments, found that animals, if fed on pure gluten and sugar, died sooner than those not fed at all.

In a private letter to me, referring to the item I quoted above, Mr. Carque writes: "It seems strange that fairly intelligent people cannot get these simple facts into their heads, but must continually write the same misleading nonsense."

A German physician of Hoboken recently declared that sugar is responsible for more human ills than alcohol. If he had said "physical ills" he would be right.

The Technical World recently said:

Many a factory girl and department store saleswoman makes her entire luncheon from starchy wheat cakes swimming in maple, cane or corn syrup, and no other dish. The unfortunate girls who work in the candy factories are not a healthy looking lot; and, though plump enough, they are pale of cheek and listless of eye. Sugar inebriates all, with bad stomachs and bad livers.

Men who work in the big sugar refineries are notoriously short-lived. Did you ever notice the stench in a sugar factory, or have you ever taken passage in one of the boats that brings sugar from the Hawaiian Islands to San Francisco?

If you wish to read more on the subject of sugar I refer you to the twenty-one pages devoted to "Sugar Dietetics," in "The Art of Living in Good Health," by Daniel S. Sager, M.D., of Canada, one of the best books ever written on diet.

In conclusion, I add that during the past ten years scores of my consultants have been wonderfully benefited in health by giving up, or greatly reducing, the consumption of refined cane sugar. The proof of the pudding is in the eating and the proof of the harmfulness of sugar is in abstaining from it.

"Sport"

ACYNICAL French writer has said that the average Britisher's first remark on rising is: "What a fine day; let's go and kill something."

On the fifteenth of August, thousands of men in California started out with arms of modern precision to slay deer. Some of these animals had become so tame and confiding that they entered the yards of residences in the foothills. A man must either be thoughtless by habit, or cruel by nature, if he can, with indifference, cut the throat of a deer that looks at him with limpid, soulful, wondering eyes. If this sort of thing was called "butchery," or "murder," some might hesitate, but it is, of course "sport." Indeed, the word "sport" in English has come to mean mainly the taking of animal life—of shedding blood. It is sport for some men, but it is often agony for animals. It is not the killing, or even the preceding terror of the chase that hurts so much, but the slow torture, when animals are wounded, perhaps with a broken limb, and crawl away into the brush to die inch by inch of burning fever, unable to reach a cooling spring to quench their thirst.

Hunters rarely think of these things. Men who do this are not naturally cruel, any more than butchers are naturally cruel. Many of them are tender parents and fond husbands. Delicate ladies break the wings of trapped doves and call it "sport." Others have done it for hundreds and thousands of years. Therefore, they take it as a matter of course that it must be the right kind of thing to do. They do not think for themselves, but take things for granted. They have been taught to believe that man, the "superior animal," is the natural arbiter over the destinies of the "lower animals." They have also been taught to believe that the flesh of these animals is necessary as food for man, whereas it is a leading cause of much of the disease that afflicts human beings, and shortens their lives. Especially, after having been hunted and terrified, the flesh and blood of these hunted creatures is an active poison, so that the animals are revenged after all.

Simple Rules for Eating

JSAID this—or about the same thing—in January, but it is so important that I shall repeat, for the benefit of new arrivals in the BRAIN AND Brawn family.

The laws of eating—and therefore of health—are simple, yet they are not easy to follow by one to whom gluttony has become second-nature. Here are the foundation stones, in order of their importance:

1. The condition of the stomach into which the food is put.
2. The condition of the mind when eating.
3. The amount of food eaten.
4. The manner of eating.
5. The kind of food eaten.

You see, I place the kind of food last. If you attend to the other features it matters comparatively little what you eat. I said "comparatively." It is by no means unimportant. Yet every fireman knows

the best fuel will not burn well when the furnace is choked with clinkers. So, with the digestive organs.

Building on this foundation we come to these rules:

1. Never eat when the stomach is full of phlegm, or gas, or when you are not really hungry. Appetite is not hunger.

2. Never eat when tired, angry or excited. At such times food is poison.

3. Never eat more than enough to satisfy real hunger. Stop while you could eat more. In half an hour you will feel you have eaten quite enough—or too much.

4. Eat dry and chew every mouthful thoroughly. When you haven't time for a meal, eat a handful of fruit or a cracker.

5. Eat clean food; few kinds at a meal; foods that have not been robbed of the mineral elements, and foods that do not fight each other in the stomach.

Also avoid condiments, among which I include salt and sugar.

By following these simple rules you will achieve health, efficiency and long life, and will discover in a simple meal an enjoyment that no belly worshipper can ever know.

Objectionable People I Have Met

THE person (male) who looks back as he walks along a crowded street until (accidentally) you punch him in the solar plexus, when he expects you to say: "Excuse me."

The person (male) who holds you firmly by the coat lapel while he tells you a story you heard when at boarding school. If you are polite, you pretend to be attentive and interested, and force a loud laugh at the climax. If thick-skinned and undiplomatic you cut him off with: "I heard that when I was a kid." Whereafter you may expect him to be your enemy.

The person (often female) who does not budge from the middle of the seat of a crowded car until you gently but firmly press your elbow (preferably a sharp one) into the person's ribs (or corsets).

The person (male) who walks on a sidewalk with an umbrella or cane under an arm occasionally coming to a full stop, without holding up a hand as a warning.

The person (nearly always male) who grasps your hand firmly and with a smile of infinite superiority says: "You don't know who I am, do you?" To whom I always reply promptly: "No, I don't" (sometimes adding, mentally, "and I don't want to"). This rather takes the wind out of his sails, and he grudgingly tells his name, which he should have done at first.

The person (about half and half) who never knows when to bring a conversation to a close, or to break away. Here is where great firmness is needed.

There are many others, but you know them all. I merely offer these samples, to work some feelings off my mind.

The manufacture of artificial panics, like the manufacture of war scares, is a dirty disreputable business for white men to be engaged in.

From the Ballroom to Hell

ABOUT twenty years ago there was for sale on the news stands a booklet with this sensational title, written by an ex-dancing teacher. We have progressed since then. The waltz of twenty years ago—the same waltz that astonished Byron, when it first appeared—is now voted old fashioned and slow.

Many primitive peoples, in addition to their religious and ceremonial dances, indulge in bacchanalia that culminate in a sexual orgie, to which they are the introduction. Some of our modern dances seem to be based on the idea of going as far as possible in that direction, without quite reaching the climax, which is reserved for a more convenient occasion. Regarding the origin of the "tango," Dr. Frank Crane writes:

The filthy barrio de las ranas, or "frog quarter" of Buenos Ayres is composed of dives and brothels of the lowest order. The population consists of the dregs of Latin Europe. This is the home of the "tango" in which are expressed all the unclean gestures, the unchaste contortions, the suggestive shrugs and the simian obscenity of these gentry. The tango is the "danse du ventre" for two. This dance, the very name of which would cause a demimonde of the second class in Buenos Ayres to blush, is received with open arms by our "best people."

Yet foolish mothers, who look on complacently while their daughters gyrate around a heated ballroom, locked in the close embraces of a sensuous man, express surprise when the inevitable unpleasantness happens.

Society women plead that these dances draw the men. Yes; so do less respectable places, where complaisant women may be found. Dances that permit closer physical contact than has ever before been allowed in public by respectable women will always attract many men.

I do not desire to imply that all who take part in these dances do so from lewd motives, or dance them with the indecency of those who originated them. Far from it. Since Queen Mary of England, a stickler for the proprieties, is said to have set her approval on the tango, it is evident that it may be rendered comparatively inocuous, just as the "belly dance" of the Orient has been toned down for Occidental audiences. Perhaps Mary had the wool pulled over her eyes when she took her little lamb to that dance. What I do insist on is that these are not good exercises for the young and indiscreet. A judge of Sacramento, Cal., recently attributed nineteen of every twenty cases of delinquency in that city to road-house dances and joy rides.

To dance is natural to all healthy young people, and they should be given ample opportunity to do so, under healthful conditions. An excellent idea is the recent revival of folk dances in the open air. They have been adopted with great benefit in the schools of New York, as described by Dr. Luther Gulick in his beautifully illustrated book, "The Healthful Art of Dancing." These dances are as charming and wholesome as the latest society dances are disgusting and demoralizing.

Publications as well as men are either with or without a soul—or what we call a "soul," for lack of a better name. To some a soul may seem an unnecessary luxury for an editor to indulge in, but it counts in the long run, even from the low view-point of dollars and cents.

Don't Sit On the Lid

JN LOS ANGELES recently a man of fine promise, an athlete, ex-soldier, and ex-policeman, son of the president of an "anti" league, was sent to the penitentiary for seven years for an affair involving a woman, the second of the kind. He attributed his downfall to the rigidly puritanical training of his youth, having been brought up to believe that anything in which there is fun is essentially bad. Then, of course, later on, he was unable to distinguish between wholesome fun and harmful dissipation.

There is a moral in this and it is plain to read: Don't sit on the lid. The case cited is by no means an isolated one. How often do the sons of parsons and puritans go to the devil. How often do we read of particularly petty, nasty doings in strict prohibition communities, where blind pigs and hypocrisy flourish. Young people who have not been taught self-control and who know nothing of moderation are sent out into the world with undeveloped moral backbones. Confounding ignorance with innocence these same parents are likely to regard sex education as improper. So their children go forth, like lambs to the slaughter, the daughters to be victims of procurers, the sons the prey of "men's specialists."

The prevailing rage for salacious songs, lewd dances and suggestive dress is a reaction from the puritanism of several generations. As Macaulay has aptly put it these Puritans objected to bear baiting, not because it hurt the bear, but because it gave pleasure to the spectators. They tried to make themselves believe, and to force others to believe, that it was pleasing to the Ruler of the Universe that on the first day of the week, falsely called the Sabbath, men should wear long, black coats and long solemn faces, and sit twice a day in a stuffy steeple house, listening to dreary platitude from a smug person in a box, and that the Almighty, looking down from his throne, was grieved and offended when a man preferred to play ball, or fish, or even to walk in God's green woods, on a Sunday. As I said, we are now witnessing a reaction from this teaching and from unreasonable sumptuary laws, based on such unnatural ideas. These Puritans, with all their vices of hardness and unnatural repression, had many sterling virtues. Unfortunately, we seem to be casting off the good with the bad.

There is, in all human beings, a certain amount of what some misguided people call "sin," although it is no more sin than is the gamboling of kids in a meadow. As I said a few months ago: "When men are too strictly prohibited from rational relaxation they will always break out in an unseemly way." In other words, don't sit on the lid. To do so is to invite disaster. Let a little steam escape, once in a while, from the bubbling pot.

Truth gains more even by the errors of one who, with due study and preparation, thinks for himself, than by the true opinions of those who only hold them because they do not suffer themselves to think. In this age the mere example of nonconformity, the mere refusal to bow the knee to custom, is itself a service.—[John Stuart Mill.]

Nerves and Wrecks

AFEW weeks ago, between nine and ten o'clock, on a Sunday evening, an electric train, running at high speed from the beach, rammed into another train near Los Angeles, killing fifteen persons and mutilating more than a hundred.

Such all too frequent accidents are in many cases due to over-worked human nerves. The nervous system can stand a certain amount of strain. Then, though it may not collapse, it becomes dull, like an overworked razor. At the end of a Sunday beach rush the tension on the nervous system of a trainman has worn the fine edge off it. A dangerous condition for a man on whose nervous alertness depends the lives of hundreds of human beings. These electric trainmen, on Sundays and holidays, often stay on duty from 18 to 20 hours at a stretch. Technically, a man is never at work more than 16 hours—which is far too long—but with periods of waiting, which afford no real rest, four hours more are often added, on days of heavy travel. This is not good for the trainmen or for the passengers.

I know engineers on a steam railroad in Los Angeles who have worked 22 hours at a stretch, and then have been wakened after four or five hours' sleep, to work again. It is absolutely impossible to do such work as this without using stimulants, and that, again, is not good for the man or for the passengers.

You may instal block system, and abolish grade crossings, and establish training schools, but wrecks will still occur, if you ignore the human factor—the limit of endurance of the nervous system.

Merely from selfish motives, the public must insist that train operatives work short hours. This means that they must be paid more, as they are paid by the hour, for which reason they are often tempted to work longer than they should. If this reform involves increased fares and freights, so be it. That is certainly preferable to being crushed in a wreck, or seeing a loved one lying in the morgue.

Draughts and Colds

THE "night air" superstition is beginning to disappear, since sleeping-porches became fashionable, but the superstition about the danger of draughts still persists. "You will catch your death of cold" is a favorite suggestion to those who sit in a draught. Pure water is moving water; still water is stagnant water. It is just the same with air. Nobody ever "caught" anything except health—from moving air. Colds—which are really fevers, as the Italians call them—are caught at the table, by over-eating, and eating of stimulating food and condiments, especially salt. Many of my consultants have got rid of colds simply by dropping salt from the menu. The draught merely gives the fillip that braces the system to an effort. How could a whiff of pure air possibly produce all that mucus that comes out for days or weeks during a cold? It has been floating in your blood for months, perhaps years. A good thing to get rid of. How much lighter and better you feel after such a housecleaning. Think, then, of the folly of suppressing colds by drugs.

When you "catch" cold it is a punishment for your dietetic sins.

Eat moderately, of non-stimulating food, without condiments, wear light clothing, take air baths as much as possible, and you may sit all evening in a draught, wearing water-soaked clothes, yet you cannot "catch" cold, because there is no morbid matter in the blood to be expelled. The inner hardening must, however, precede the outer hardening. Otherwise the effects may be unpleasant, or even dangerous.

What I have said of colds is true also of asthma, and pneumonia, and other ailments. These, like colds, are all caught at the table, through over-eating and wrong eating.

"Health Departments"

SINCE I began editing the "Care of the Body Department" of the Los Angeles Times, fifteen years ago, almost every publication in the country—except medical journals, which confine themselves to disease—has established a "health department." A few of these are good, some bad, and many indifferent. Many may be divided broadly into two classes. (1) Those edited by "laymen" who have not studied the subject of the care of the body, and pick up contradictory flub-dub here and there, or "conflicting authorities." (2) Departments edited by medical reactionaries, who scare the readers about bugs, and sometimes tell them how to handle a "stomach ache" "until they can send for a physician."

McClure's has recently added a health department. It is edited by Dr. Samuel Hopkins Adams, of whom McClure's says: "No man in this country is better fitted than Mr. Adams to report on the progress of preventive medicine, and of the new science of public health." In a recent number Dr. Adams told his readers: "In time of epidemic distrust even the well man." In the same number, referring to colds—which he attributes to drafts and atmospheric changes, entirely ignoring the fact that colds are caught at the table—he said: "A cold is as contagious as smallpox." According to this, a man who has the "snuffles," when many are sneezing, should go about like a "sandwich" man, with a large yellow placard fore and aft, or should shout out "Unclean," like the lepers of old.

Yet this tommy-rot is published in one of the leading magazines of America, as the most authentic information regarding the care of the body, from one of whom McClure's says further: "To an extraordinary degree he has the confidence of the medical profession, and his name and reputation are a guarantee of the soundness of the information and suggestions that will be presented here month after month."

The Journal of the A. M. A. recently suggested that all newspapers should have physicians on their staffs—belonging to the serum school, of course—to educate the people. Great idea, is it not?

The average doctor resists a new truth about health and disease, partly because it is an insult to his pretense of already knowing all, but chiefly because it forces him to do some thinking.—[David Graham Phillips.]

Cure Versus Relief

AOST people seek relief of symptoms rather than cure of disease. They are not willing to pay the price of a cure. The price is patience, perseverance and self-denial. They demand quick results. That is why quacks, "ethical" and "unethical," flourish. That is why drugs and serums and operations are popular.

The difference between "regular" treatment of the sick and the rational method, or Nature Cure, is that the former seeks to suppress symptoms, while the latter aims to remove the cause. As Dr. Tilden has said, the average allopath does not know what a case of disease is like, because he only sees it complicated by drugs and by food, which becomes a poison in a sick stomach. They do not know what Nature can do when given a chance. The result of frequent suppression of symptoms is either death or chronic invalidism. Often, when invalids go to a nature cure sanatorium, a disease, supposed to have been cured years ago, breaks out afresh. Then they are really cured, and may remain so, as long as they obey the laws of health.

It is for you to choose whether you will have cure or only relief. If you desire to be cured, you must, as I have said, be willing to pay the price. The price is patience and self-denial. There is no other way. There is no royal road to Health. Cures are not to be bought in bottles or pillboxes or squirt guns or surgical satchels. Temporary relief, but not cure.

The Story of Cornaro

NEARLY fifty years ago, on a second-hand book stand in London, I picked up my first copy of Cornaro, a cheap paper edition. It has appeared in many editions, in many languages. The finest I have seen is an illustrated volume, for sale through the Naturopathic Publishing Company.

Luigi Cornaro (1464-1566) was a wealthy Italian nobleman of an old and renowned family. At the age of 40 dissipation had made him a physical wreck. His doctors told him he had but a short time to live, but he determined to show them otherwise. He thereupon adopted a strictly abstemious dietary, eating in a day less than most persons consume at one light meal. He was not a fanatic, or a crank, eating fish, flesh and fowl, and taking daily with his principal meal a pint of wine, which he refers to as the "milk of old age." He describes, in delightfully simple language, his increased joy of life, with great increase of mental and physical powers. Cornaro, who was one of the world's greatest apostles of true temperance, lived to the age of 103, surviving all his physicians. Had he known better how to regulate the variety as well as the quantity of his food, he would doubtless have lived longer.

Edison, the inventor, attributes his wonderful mental and physical endurance to the fact that he and his ancestors have followed Cornaro's example. As a consequence, his great-grandfather lived to 102, his grandfather to 103, all his six uncles (who followed the same example) to over 90, and his father, Samuel Edison, died painlessly as one who falls asleep, at the age of 94. Thomas Edison worked 20

hours a day for 35 years. At his present age of 66 he works "only" 15 hours a day. Mrs. Edison follows her husband's rules, and is noted for her vigor and girlish beauty.

Yet many who loaf around offices and clubs really believe that they must eat a big meal two, or even three times a day, "to keep up their strength." Surely, it is to laugh.

Edurate the Educators

A WOMAN recently complained in a Los Angeles paper that boys and girls have to sit up until two in the morning with wet cloths around their heads, studying for examinations. And for what? A considerable percentage of the members of the San Francisco Dishwashers' Union are college graduates. Hundreds of millions of dollars are wasted every year in what we call "education." Most of it does more harm than good. In the March number I printed a symposium of opinions on this subject from a number of eminent men and women. It may be summed up in these two sentences: "The most momentous failure in our American life today is the public school." "The public school system throughout the United States is a miserable failure."

Then there are our "universities," some of which are colleges, while others are merely high schools. In the whole of Great Britain there are only half a dozen universities. Speaking at Valparaiso University, Ind., Judge Marcus Kavanaugh said:

"Big endowment funds, costly buildings, and high priced instructors do not make a university. Universities are born, not made. It takes the atmosphere, the veneration for learning, and attitude of regard for scholars—things that money cannot buy—to make a university. A real university is not made to order, but grows up from the soil, and from the manhood and womanhood which serve it."

Truthful words. Is it not about time that we should begin to educate our educators?

Physical Sins

FEW seem conscious that there is such a thing as physical morality. Men's habitual words and acts imply that they are at liberty to treat these bodies as they please. Disorders entailed by disobedience to Nature's dictates, they regard as grievances, not as the result of conduct more or less flagitious. Though the evil consequences inflicted on their descendants and on future generations, are often as great as those caused by crime, yet they do not think themselves in any degree criminals. The fact is that all violations of the laws of health are physical sins.—[Herbert Spencer.]

Unless the cost of living is dealt with in a thorough and scientific way; unless something is done at least to help the common people understand what is really going on, discontent may turn to fury and reform to revolution.—[Prof. Irving Fisher.]

Briefs

In England insanity increased 276 per cent. in fifty years; in California one in 267 is insane or feeble-minded. Drugs and serums.

A wild goose, striking a Californian in the back of his neck, cured him of paralysis. Practicing chiropractic without a license.

In Italy 150,000 struck for an increase of half a cent an hour. The price of one nickel cigar a day.

There were sixteen marriages and nineteen divorces in Los Angeles on one July day.

In a Washington (D. C.) church, police forcibly vaccinated those who did not escape by the windows. "Land of sweet liberty."

Of the 2000 inhabitants of Colebrook, N. H., 200 have recently had their appendices cut out. Ten per cent. fools.

Los Angeles will benefit by the two 1915 expositions "gwine and comin'," with no bad after-taste.

A San Francisco girl had two lovers draw straws. The loser shook hands with the winner. Better than pistols and coffee.

Charles Page, millionaire of Tulsa, Okla., has adopted 300 poor children and will make it 1000. A good, rich man.

One 8-year-old ahuate tree in Whittier, Cal., yielded, in one year, over \$3000 in fruit and buds.

Flogging pimps has driven them from London. Good idea. You cannot abolish prostitution, but you may discourage these parasites.

Men on California dairy ranches work from 4:30 a.m. to 6:30 p.m. Yet, some wonder why boys leave the farm.

Physicians, after "inventing" bi-chloride of mercury, are now seeking a cure. Prevention is better than cure.

The "Holy Synod" has burned three of Tolstoi's books. They would have burned Tolstoi had they dared. Barbarous Russia.

Poisonous drugs are first introduced through doctors. Then they are "ethical." When taken up by druggists they became "nostrums."

Two novices were killed in a "branding stunt" during a lodge initiation at Birmingham, Ala. Foolish business.

A Congress investigating committee says the American farmer, in financial arrangements, is a century behind Europe.

On July 9 the Appellate Division of the Supreme Court handed down sixty-six decisions, reviewing judgments, only sixteen of which escaped mutilation or destruction. "Majesty of the law."

A Chicago parson says David, Solomon and other patriarchs were good enough for their time, but would not be admitted to church membership today. How about Jesus?

A mother refers to fiends who "lure poor babies to ruin and shame." In most cases mothers have themselves to blame.

Mr. Wales can't raise a moustache so British officers may shave.

Left hand exercise is said to develop the right lobe of the brain.

American army recruits are now vaccinated on the right arm against typhoid, and on the left against smallpox. A sergeant died of typhoid-pneumonia after three inoculations.

Monks in a Russian monastery struck, refusing to say mass. They demanded more food, shorter hours, and—trousers.

Young female elephants are trained to entice wild bull elephants to the stockade. Adam probably told the truth.

An eastern woman is trying to get men to adopt gay clothes. Remember the fox who lost his tail?

A correspondent of a local contemporary says 90 per cent. of deaf men he has noticed were smooth-shaved.

A 21-year-old Los Angeles woman killed herself, leaving a 14-month-old baby, because she found a "silver thread" among her luxuriant golden tresses.

Jules Verne's "Eighty Days" was thought absurd. Now an American has circled the globe in less than thirty-six days.

An Illinois justice decides it is no slander to say a deacon worked on Sunday. How about Saturday, the real Sabbath?

Victor Berger says there are two kinds of Socialists, "historical" and "hysterical." Better encourage the former and avoid anarchy.

Anyone who sees anything offensive in the beautiful, modest figure entitled "September Morn" has a dirty mind.

Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

Vol. II

LOS ANGELES, SUPTEMBER, 1913

No. 4

Multum in Parvo.

THIS magazine is not, as some seem to suppose, devoted entirely to the care of the body. Were it so narrow we should starve, as do most of the "health magazines." BRAIN AND BRAWN is read by many who are not particularly interested in the care of their bodies. Such readers occasionally come across something in these columns that interests them, and are thereby "converted" physically. Thus, indirectly, I do more good in spreading the gospel of health than if I confined myself to the "Chemistry of Corns," "Gas in the Bowels," and so forth. Even cranks get tired of that sort of thing, as a steady diet, although I know there are some people who seem to think the world revolves around their navels. Man is something more than a sausage mill, to swallow food and eject feces. You get here, every month, a good ten cents' worth of stuff about the care of the body—and then some.

As its name implies, BRAIN AND BRAWN is devoted to the mind as well as the body. This embraces all human subjects—and some inhuman subjects, such as vivisection, unnecessary surgical operations, war, and child labor. If you glance at our programme, on a preceding page, you will see that our field is wide. Among other things, it includes medical freedom, pure food, country life, and last, but by no means least, sex education and eugenics—the right of a woman to control her body and the right of a child to be well born. In short, this magazine is devoted, not merely to the care of the body, but to the betterment of human beings, and the better treatment of animals, subjects that in my opinion are quite as important as physical culture.

BRAIN AND BRAWN is "multum in parvo," with about half the space allotted to brain, and half to brawn. Therefore, as the magazine is small, I can only "touch the high places." I must be satisfied to act as an index, as a finger post, as the "voice of one crying in the wilderness." I sow, but must leave it to others to cultivate and reap. As Shakespeare says: "Since brevity is the soul of wit, and tediousness the limb and outward flourish, I will be brief." For the same reason I must ask correspondents to be brief, although I know that is no easy task. Indeed, it is the hardest thing, in writing. Any-

one can write a long article, but it takes a clever man to write a short one. Later, if our friends continue their sympathy and support, we may enlarge the magazine—and the price—and so have a little more elbow room.

Signs of the Times.

THERE are readers who say I am too socialistic; while others declare that I am too conservative. Which seems to indicate that I am about right. By preaching Moderation and Reason I aim to act as a sort of brick wall—or shall I say Brook wall—between Society and Anarchy.

As I recently suggested, those who are today unwilling to make reasonable concessions to the common people may, 'ere long, be glad of the strongest kind of Socialistic wall to protect them from Anarchy, which, as I need not remind intelligent readers, is the antithesis of socialism, the one being de-structive, the other con-structive. One would be surprised to know how many of our leading Los Angeles people are socialists at heart, although many of them, for trade reasons, are afraid to avow it.

Violent conflicts between capital and labor are becoming increasingly frequent all over the world. I am not an alarmist. I write what those who think must know to be the truth. Millions of sane Americans share my views, and their number is constantly increasing. Otherwise, the outlook for our country would indeed be dark. Ex-President Taft recently declared that "existing conditions in the courts of America are a disgrace," and ex-Judge Westcott, of Camden, N. J., at a meeting of the State Bar Association, said: "If you continue to hold property sacred above the human being who makes it, revolution will result." I could easily fill this magazine with similar statements, from those who are able to read the signs of the times.

Some purblind people I know remind me of Marie Antoinette. When told the peasants had no bread, she asked why they didn't eat cake. Then they performed a "successful operation" on her, after which she couldn't eat anything.

When will society learn that one cannot settle social problems by calling people "anarchists," and shooting them, any more than the doctors can permanently cure disease by suppressing the symptoms?

No intelligent person can read any single number of this magazine without receiving at least one suggestion worth far more than the price of a year's subscription.

Diet and Degeneracy.

NO TWITHSTANDING the marvelous material progress of America, insanity, and crimes of violence, and dishonesty, and divorce, and cancer, and nervous diseases, and failing eyesight, and the use of alcohol, and opium, and morphine, and cocaine, and other body and soul killing drugs, are increasing much faster than the increase of population. I have no wish to pose as a Jeremiah, but to those who think I would respectfully suggest whether this condition does not at least warrant the asking of the time-honored question: "Whither are we drifting?"

Next to unnatural and cruel competition in the fierce struggle for existence, I attribute these evils mainly to the eating of improper food—food that has been robbed of its necessary mineral elements and in turn robs the nerves, food that has been doped with preservatives and adulterants, and diseased flesh food, passed by dishonest Federal inspectors. To this I may add the constantly increasing frequency of the poisoning of the blood of the human race by the injection of animal filth, in the shape of serums.

It is said that sex instruction should be given at home. True; but how many parents are able and willing to give it? How many even teach their children simple morality?

If for the next hundred years our schools would discontinue all higher and aesthetic education and devote all their energy to improving the human stock, at the end of the century we would find the people not only 100 years older, but 100 per cent. better, stronger, wiser.—[Dr. R. W. Corwin, University of Colorado.]

The Unwed Mother

I WAS an untaught girl. By nature led,
By love and passion blinded, I became
An unwed mother. You, an honored wife,
Refuse the crown of motherhood, defy
The laws of nature, and fling baby souls
Back in the face of God. And yet you dare
Call me a sinner and yourself a saint,
And all the world smiles on you and its doors
Swing wide at your approach.

I stand outside.

Surely there must be higher courts than earth
Where you and I will some day meet and be
Weighed by a larger justice.—Ella Wheeler Wilcox, in *Cosmopolitan*.

Bronklets

The voter has his good time while the candidate is campaigning.
The girl has her good time while the lover is suing. After that—

* * *

A curious idea that nations need not be as moral as individuals of whom the nation is composed.

* * *

Screen doors and windows offend eyes, ears and lungs.

* * *

No person with a foul colon can have a clean mind.

* * *

Three things I cordially hate and despise. They are Sham, Cant and Hypocrisy.

* * *

Priests scare the people with hell fire; doctors with "bugs;" financiers with panics. Don't get scared.

* * *

Money earned by the sweat of the brow—or the sweat of the brain—is sweeter than that earned by speculation.

* * *

Woman will not be on an equality with man until she stops sticking big feathers in her hat.

* * *

Conform to terrestrial laws of health before you try to "affirm on the astral plane."

* * *

Constipation is not only physical—some suffer from a constipation of ideas and a diarrhoea of words.

* * *

Child-labor is bad anywhere. In a rich, young country like this it is a national disgrace.

* * *

Some "temples of the soul" need cleansing as much as that swept out by Jesus.

* * *

Auto speeding develops selfishness, cruelty and recklessness.

* * *

It is an insult to Nature to seek by "affirming" or "denying" to avert the consequences of neglecting your body.

* * *

The surest way to boost a religious, social, political or hygienic movement is to persecute it.

* * *

Many find more enjoyment in making a fortune than in spending it. Cultivate a hobby.

* * *

Before you chide the young remember your youth. Be lenient.

* * *

A man must have a weak character who is led to sexuality by the sight of a slit skirt.

How Sugar Robs the Teeth and Bones

SOME dentists tell us that the sugar we take into our mouth in the shape of candies acts directly and destroyingly upon our teeth. They shut their eyes to the fact that destruction starts first in the pulp of the teeth, beneath the surface enamel.

The vital processes of the body can not be carried on without lime. Consequently, if there is a deficiency of lime salts in the food, the body actually begins to tear down its own structure in order to obtain this necessary mineral. It burrows into the only available source of lime supply, the soluble lime of the teeth and bones, and gradually consumes that lime until, in the teeth, it leaves only a shell of enamel over the cavity. The enamel sooner or later cracks and breaks under the strain and the damage is discovered. The ruin was accomplished long before we had any evidence of it, although the opening up of an avenue for the entrance of bacteria from without hastens the decay.

Sugar and fruit acids have no effect on the enamel of the teeth. Sound teeth can be immersed in a solution of such acids and sugars for months and suffer no erosion. The sugar does not act directly on the teeth and the dentist treats the symptom, not the cause of our bone destruction.

Sugar and lime have just as remarkable an affinity for each other as iron and oxygen, so that when we consume an excess of mineral hungry sweets the sugar with irresistible thirst drinks up the soluble lime of the blood stream and the blood retaliates by sapping the soluble lime from the teeth and bones." —Alfred W. McCann, in "Starving America."

Distilled Water

DTHE story is again trotted out that chemically pure distilled water is a poison to the system. French navy surgeons are said to have discovered that sailors who use distilled water all the time develop a tendency to tuberculosis, and this is explained because the water is entirely free from the necessary mineral elements.

The idea is neither new nor true. There are two weak points in the argument. First, minerals in water, being in the inorganic form, cannot be utilized by the human body, but are thrown out as intruders. Second, if a person eats with reasonable intelligence, not trying to exist on demineralized food, such as white bread and boiled vegetables, he gets, in his food, plenty of mineral in the organic state, the only shape in which it can be utilized by the human body. These minerals are especially abundant in green leaves, which must, however, be eaten raw.

When you are taking a long fast, it might be well, after the first week or so, to avoid distilled water, but otherwise, you need not fear to drink it, whatever so-called scientists may say.

The editor of BRAIN AND Brawn, a licensed Naturopath, gives health advice by mail. For particulars see his announcement.

Wise advertisers know that quantity as well as quality counts. BRAIN AND Brawn is read by thrifty people who think.

Vivisection on the Defensive

SEVERAL weeks ago a meeting in the cause of anti-vivisection was held in Blanchard Hall, Los Angeles, at which Dr. Stephen Hasbrouck, a well-known physician of New York, spoke on "Needless Experimentation on Living Animals, from a Physician's Standpoint." Other speakers at the meeting were George Wharton James, and Mrs. Rosamond Wright.

Following is an extract from Mrs. Wright's paper:

"Yesterday, today and forever there are some things which have not two sides. There are no two sides to the fundamental concepts of morality. There are no two sides to the elemental precepts of humanity. Why should a doctor or a professor be allowed to torture a dog or a cat for five weeks, when we arrest and imprison a teamster for beating his horse for five minutes? We have laws for the protection of animals from cruelty, but they do not reach the professor or the doctor. Let us have something that will."

"Any class of lawbreaker in the commonwealth would like, if he could get it, the astounding immunities offered to the torture chambers of our laboratories. The State claims the right to enter any den of darkest sin. No public resort of woe and shame is secure from the eye and hand of the law. No private house on whose lintel the accusation of cruelty rests can bar its door to the feet of Justice."

"Vivisection at its best is an accused defendant, at its best it exists under suspicion, at its worst it is a shame to the civilization of a Christian state. Tear away the veil, unbar the doors and give the facts to the sunlight."

To Save the Deer

THE sight of hundreds of hunters swarming over the mountains near Pasadena and killing deer, which had become so tame during the winter months that persons living in the hills were obliged to fence their vegetable plots, has aroused an adverse sentiment here, which yesterday resulted in C. D. Daggett's suggesting that an effort be made to have the forest reserve declared a national park and hunting prohibited. Daggett pictures an Arcadian scene, with deer lying about under the trees and coming up to be fed by children as vastly pleasanter than the ruthless slaughtering of the timid animals and lugging them away in automobiles.—Pasadena corr. Los Angeles Times.

Can Dress Herself

JN one of those theatrical "write-ups" that newspapers throw in with the theatrical advertisements, as a "pilon," a husky-looking society woman, who had gone on the stage, was quoted in a local paper as saying: "For the first time in my life I am getting along without a maid. I find I can get into my things quite well myself."

Wonderful, isn't it? The woman's mother doubtless did her own washing.

In this "land of the free" we are rapidly drifting into the two classes of Europe—overworked and underpaid girls and idle and frivolous society women. Fortunately, however, many society women now-a-days are turning to things more worth while. They may save society from decay and rot.

The New California Medical Law

FOllowing circular, relating to the new State Medical Law, which went into effect August 12, was issued by Dr. George B. Abbott, secretary of the Association of Naturopathic Physicians of California, under date of August 14:

With the closing session of the California legislature, a new Medical Practice Act, known as Senate Bill No. 813, was passed and has been signed by the Governor, the new board to be organized on or before the first Tuesday of September, 1913.

This is the first bill eliminating sectarianism and creating a board to consist of ten members, appointed from among persons who hold licenses under any of the medical practice acts of this State, giving Naturopaths the same right as all other schools of the healing art. Therefore, it is your duty to write to the Governor requesting that he appoint equal representation upon the Board. Recommend Dr. Carl Schultz and Dr. Henry Gross of Los Angeles, California, as representatives.

The Act eliminates the A. M. A. from the medical control of the State by placing directly within the law the curriculum required for medical colleges; the number of hours devoted to each subject, based on a four years' graded course covering 4800 hours. It also specifies what shall constitute the preliminary educational requirements for all matriculants.

In future two forms of certificates, one "Physician and Surgeon" and the other "Drugless Practitioner," are to be issued upon examination and passing of applicants.

The bill carries a great many other changes that you should become familiar with as a "Physician and Surgeon" under which you are classified in the act. The bill also carries a reciprocity clause with other states of the same standard as California.

A Library in One Volume

AMONG good books on health that may be ordered through the Naturopathic Publishing Company, one of the most valuable is Dr. E. B. Foote's "Home Cyclopedias of Popular Medical, Social and Sexual Science." It is a library in itself. The late Dr. Foote was one of the grand old broad-minded men of the medical fraternity.

The book contains 1250 pages, and over 300 illustrations, some of them in colors. It is divided into four parts, as follows: "Disease, Its Causes, Prevention and Cure;" "Chronic Diseases, Their Influences and Successful Treatment;" "Plain Talk About the Sexual Organs, the Natural Relations of the Sex, Civilization, Society, and Marriage;" "Suggestions for Improvement of Monogamic Marriage, etc." Dr. Foote gives invaluable advice in relation to sex and marriage. Some of his facts and suggestions I have not seen elsewhere.

I strongly urge every reader of BRAIN AND Brawn to get a copy of this book, especially the married, or those contemplating marriage. It is worth many times the moderate price.

The only way to make a success by the pen is to raise a good breed of pigs.—Sanford Bennett.

Homes That Are Not Homes

SOME of the government homes for old army veterans, paid for by a grateful people, seem to be more like hells than homes. After many years of unavailing complaints, the enterprise of a Los Angeles contemporary, the West Coast Magazine, brought about a special Congressional investigation of the Santa Monica home, in consequence of which the governor was changed and a number of much needed reforms were ordered. Now grave charges are made against the Yountville home in the northern part of the State. Among other things, it is asserted that women employees who will not consent to be caressed by the doctors are promptly fired, with the connivance of the "madame," that patients are grossly neglected, and that the unsanitary conditions are appalling.

As I said some months ago, when the Santa Monica home was under investigation, it is inevitable that there should be more or less querulousness and discontent among several thousand old men, mostly invalids unnaturally cooped up together without the softening influence of woman, and with little or nothing to occupy their minds. I also called attention to the abominable feeding of these old men—an almost complete lack of fresh fruits and raw green stuff, abounding in the organic salts, that nourish the nerves, so that the men are naturally cross and irritable. Feed these veterans more wholesome and appropriate food, make their surroundings as homelike as possible, and they will be healthier, happier and more contented. Above all, these homes must not be regarded as soft snaps for seedy politicians, or happy hunting grounds for amorous drug dispensers.

It has been suggested that the management of the soldiers' homes of the country should be placed in charge of the War Department, where it properly belongs. This would doubtless be a good thing. There is not much graft in the army, and army officers are usually gentlemen.

"Infantile Paralysis"

ANOTHER epidemic of "infantile paralysis" is reported from Central California. Dr. Stow, secretary of the State Board of Health, is reported as saying:

"Although the Board of Health is engaged in numerous experiments, thus far it has been unable to discover the factor in the transmission of the disease. It appears only during the summer and fall."

Because, in the warm weather, the children are not so well able to throw off the effects of wrong feeding of a surplus of starches and sweets, including doped ice cream and candy. Of 250 samples of candy sold in shops, examined by government chemists, not one was found to be pure. Nearly all contained either aniline or coal tar colors, glucose or terra alba, and many had all these injurious substances. That is why. You do not need to torture thousands of animals to find that out. When atmospheric conditions are favorable, there is an epidemic among those who have been food poisoned by foolish or negligent mothers. As I have said, the ailment is as contagious as toothache.

Feed your children right and they will not get "infantile paralysis"—or any other disease.

"Civilizing" the Moros

DURING a single day's fighting at Mount Bagsak June 10, near the town of Jolo, 2000 Moro outlaws and irreconcilables entrenched in a crater, were slain by Gen. Pershing's forces, and when the dead were counted it was found that the lives of 196 women and 340 children had also been sacrificed.

When the Moros were compelled to make their last stand the women and children were held up as shields and the rain of fire from the Americans rid-dled their bodies with bullets.

A complete censorship maintained by the War Department, it is said, since the extermination of the Moro bandits, was decided upon and enforced both at Manila and in the zone of trouble. This was evaded by John McLean, civilian employee of the United States quartermaster's department, who arrived on the Persia.

"Three war correspondents were arrested by Gen. Pershing when they reached the seat of war and imprisoned," says McLean. "They are now con-fronted with certain charges and may be sent to prison for a term of years for attempting to violate the censorship. . . .

"Gen. Pershing led his men in person and was one of the first to leap into the last entrenchment of the enemy when it fell. After the fighting was over, it was estimated that every Moro had perished. By Pershing's order, all of the bodies were burned.

"The capture of the Moro stronghold on Jolo has about exterminated the Moros on this island, but sixteen other islands are infested with the vicious tribesmen. All efforts to subjugate them have failed and Gen. Pershing is de-termined, if necessary, to exterminate the entire lot."—San Francisco press dispatch, July 30.

Why Girls Go Wrong

JN the issue of the Times of July 25 a mother from Santa Barbara blames lack of manhood for the laws that don't protect young girls in this State.

She says twenty girls have disappeared from their homes in the State since July 4. I am compelled to say if twice that many had left their homes in the same way it would not surprise me, and my reason for it is because I blame their mothers for it. Why do they allow their daughters privileges that no sensible mother would—for instance, sleeping away from home? Some girl will say: "Mother, I am going to sleep tonight with Mary Jane," and the mother will say, "All right, my daughter," or allow a man whom she met only once to take her to a picnic or moving-picture place. I am a mother of sev-eral daughters, some married and some single, and none of them ever dreamed of sleeping away from home, not even in houses of their relatives. I im-pressed it on them when they were children. Nor would I allow men to take my daughters to amusements unless I knew positively who they were.

Nine times out of ten, if a girl turns out bad, parents can only blame themselves.—"Also A Mother" in Los Angeles Times.

Procurers have large contracts to furnish girls for the Panama Exposition, and are scouring the State, therefore parents should be specially careful just now. However, if they have neglected their duty, and have not taught their girls when young, facts they should know about sex, the best of care will avail little.

"Fly Swatting" Foolishness

LEET American housekeepers pursue the typhoid fly with the diligence with which they have long fought the bedbug, and the fly will soon disappear, and thousands of lives now sacrificed to the pernicious activities of the house-fly will be saved.—Good Health.

Just now the midsummer madness is fly-swatting, and one of the infernal libels on the fly is its typhoid carrying proclivities. Well, "swat the flies" and you will get all the typhoid and other filth diseases you care to have or take care of. "Swat the flies" and for every case of typhoid you now have you will have twenty. "Swat the flies" and allow typhoid germs to multiply ad libitum on carrion, on decaying vegetables and especially on stale beer and sugar casks.—J. Dobson, M.D.

Flies are our fellow-sanitarians. Oceans of filth are by them consumed and transformed into the tissues of their healthy little bodies in the course of the "fly season." When you kill one fly early in the season, you kill a swarm of the busy little scavengers that would have been helping to prevent disease by helping us to "clean up." Whenever we make everything and every corner and place clean, we have said good-bye to the flies; no longer needed and with nothing to subsist on, they are doomed.—Chas. E. Page, M.D., in *Life*.

As I have said, and now repeat, if you could kill every fly without removing the filth on which they feed—which fortunately you can't—the world would be visited by an epidemic that would wipe man off the earth.

The Power of Prayer

HANY of the letters to Gov. Hodges asking him to set a day of prayer for rain, declared that the writers and families and friends and the ministers in the churches generally had prayed and are praying for rain, but the prayers have not been answered. The writers declared their belief that if the entire citizenship of the State would join in a general prayer, God would not fail to answer it at once and send the much-needed rain. The Governor, however, declined. "I believe in the efficacy of prayer," said he, "but not in the case of flood or drouth."—Associate Press dispatch from Kansas.

The Rev. Joseph Murphy, a traveling missionary to the negroes of New England, called upon Judge Gideon H. Welch at his farm in Torrington yesterday and asked for a contribution. It was dry in the judge's garden, so he promised that if the preacher would get him some rain he would contribute \$5. The Rev. Murphy went home and prayed. In less than half an hour a copious shower came. The preacher got his "five-spot" from the judge today. New Haven, Ct., dispatch.

Meatless Menus—Colache

HEEL six good sized squashes, add two tomatoes and a pimiento (chopped), boil in little water until they are soft. Drain and mash. Add one good sized onion, cut small. Cook until it is soft, and add two tablespoonfuls of oil. Just before taking from the stove, add a quarter of a pound of Eastern cheese.

This appetizing and nourishing dish is a favorite among the Spanish-American population of Southern California.

The "Thunderer" at the Confessional

THE Americans in London held their customary banquet in honor of Independence Day, and, as usual, they numbered among their guests many Englishmen of distinction. The idea of turning the Fourth of July into an Anglo-American festivity sprang originally, we believe, from the fertile brain of the late Mr. W. T. Stead. It has become one of the established functions of British life, and we, who rarely commemorate the triumphs of our history, make an annual point of joining with the Americans in celebrating its greatest disaster. Probably there are few who stop to think what it signifies when Englishmen make a feast day of July the Fourth and publicly venerate the name of Washington. It means, in the first instance, that they are celebrating the most tragic blunder in British history, and in the second that they are paying tribute to the memory of the man who brought Great Britain to her lowest depth of humiliation and impotence. It has come to be a sort of annual penance. Year after year this "old and haughty nation" dons the white sheet, and through the mouths of some of her most eminent sons expresses open contrition for her share in the American Revolution. If our mistake was great, we have at least amply, sincerely and repeatedly admitted it.—From an editorial in the London Times.

Complexion and Cosmetics

CLIMATE has a great influence on the complexion. The moist climate of Great Britain and Ireland keeps the skin of women young and smooth and rosy. In dry climates, like those of Spain, Egypt, and California, wrinkles come early. Look at one of our old Southern California Indian women, and then look at the face of a rosy-cheeked old apple woman of the same age, on the streets of Dublin.

Diet also has much to do with the complexion. No one can have a clear complexion who has a filthy colon.

The use of cosmetics is disfiguring, and often dangerous. One frequently reads of damage suits brought against "beauty doctors." Even the harmless face powders and rouge are not nice. They attract nobody with sense. They do not, of course, deceive women, nor do they deceive men, as you may know, if you listen to the occasional subdued observations of a man who sits on a car behind a berouged and bepowdered young woman, with her yellow chicken skin showing back of her ears. Then, again, once these practices become a habit, they have to be kept up.

Of all local treatments for the improvement and rejuvenation of the complexion, the most physiological and effective I know is a face mask, an improvement over a mask worn by that remarkable woman, Ninon de L'Enclos, who charmed men at the age of 90. A much more sanitary mask, used at home with mild electric current, has been devised by G. C. Lammers, Ph.D., formerly of Oakland, now of Los Angeles. With this contrivance he has achieved some really remarkable results. He is sound on the care of the body, and thoroughly believes in inner, as well as outer cleanliness.

The Boys' Herald is a little 12 page paper, devoted to amateur journalism, established in 1871, and, therefore, now in the mature age of 42. Edwin Hadley Smith, editor and publisher, P. O. Box 42, Station D, New York.

Also "Brain and Brawn"

JN two days last week 47,000 head of cattle were sold in Kansas City, a great part of the shipments coming from the State of Kansas. It is obvious that such a drain cannot continue without a tremendous depletion of stock on the farms. That depletion hereafter will be felt by the consumer in the form of higher prices. Should the rush of cattle to market be continued and the recurrence of intense heat give menace of its continuance, it may require years before the Kansas farms can be restocked.

Books on vegetarianism are procurable at reasonable prices at any first-class bookstore.—*Los Angeles Tribune*.

Unwelcome Visitors

WHY cannot our friends make their frequent calls on the busy housewife in the afternoon, instead of the morning?

Why will the thoughtless caller, when she comes in the winter, stand at the outer door and detain the housekeeper, who is only thinly clad for the house, while the visitor is heavily cloaked?

Why will mothers make calls, accompanied perhaps by two or three "enfants terribles," who upset the entire house with noise and quarrels, petitions for something to eat, and drive every one wild, without receiving a word of reproof?—Marian Harland.

Plaster Casts Harmful

JI has been my experience that plaster casts as a rule do much more damage than the injury upon which they are applied. In fracture of the arm, for instance, a plaster cast will retard circulation to such an extent that it takes from six months to a year to renourish the parts and build them up to their normal size, whereas a splint, properly applied, will answer the purpose without the disadvantages of the plaster cast.

Metal splints can be adjusted in the most delicate manner and padded with cotton, which can be moistened as an electrode, using the metal splint for a contact and the indifferent electrode placed upon the back. Thus, from an electrical standpoint, circulation can be forced through any injury and restore the healthy condition, twice as rapidly as by plaster cast methods.

Los Angeles.

GEORGE B. ABBOTT, N.D.

The Medical Closed Shop

REVIEWING a story entitled "Medical Union Number Six," the Southern California Practitioner says:

"This is an interesting little novelette, founded upon an imaginary unionizing of the medical profession. What if such a thing should really occur."

The Medical Trust today is as much of a union as it ever will be. In spite of desperate efforts, it is beginning to disintegrate, owing to unreasonableness within, and to pressure of an enlightened public opinion without.

Otto Carqué is organizing a local physical culture union. Those interested may address Sam Rosenbloom, 1607 Magnolia Avenue, Los Angeles.

California Wines

HORTICULTURE in California, the leading vineyard State of the Union, has been threatened with two hard blows. The Supervisors of Los Angeles county have refused to permit wineries to operate in dry territory. In 1859 Dana wrote:

"I dined with him, (Henry Mellus), and in the afternoon he drove me round to see the vineyards, the chief objects of this region. The vintage of last year was estimated at half a million of gallons. Every year new square miles of ground are laid down to vineyards, and the Pueblo promises to be the centre of one of the largest wine-producing regions in the world."

It would be a long step in the direction of true temperance if people would drink more pure light wines and less ardent spirits. In the wine-drinking countries of Southern Europe one rarely sees a drunken man. They are numerous in northern countries, where schnapps is the favorite liquor. Instead of shutting down wineries, we should make a special low tax on establishments that sell only dry wines, containing not more than, say 12 per cent. of alcohol. Claret and water is more wholesome than coffee.

The other action referred to is that of Congress, which proposed to tax brandy used in fortifying sweet wines \$1.10 per gallon. California vineyardists claim that this would ruin their industry. The discussion brought out the immense amount of alcohol used in fortifying sweet wines. Fortified sweet wine is the most unwholesome form of alcohol. It is much worse for the health than whisky and water. The fermentation of the grape juice, arrested by alcohol, starts again in the moist interior of the stomach. One can get a worse headache from California port, sherry, or muscatel than from almost any other form of intoxicating beverage. Yet you occasionally see people who want to cut down on their drinking habits "tapering off" from whisky on port wine.

Through the efforts of California vineyardists, the proposed tax may be averted. In place of it a tax of 25 cents a gallon on spurious wines was suggested by the Congressional committee. This gave great offense to the Ohio wine men, but it would not affect California at all, because grape juice is so cheap here that there is no temptation to adulterate wines.

Polygamy

HTESTANT parsons are fond of denouncing polygamy, for in doing so they are safe, although some of their "paying subscribers" may own houses of prostitution. Miss Grace Ellison, a well-known English writer, who has resided in Turkey, says polygamy is a commendable institution, and that it might be adopted with profit in England. In Turkey a man not only supports his wives, but all his female relatives as well.

There are many worse things than polygamy. Such, for instance, as prostitution and long labor in unsanitary factories and sweat shops. Dr. Lydston, of Chicago, has said that society must choose between polygamy and prostitution.

The Mormons are worthy people. They performed miracles in Utah. They are good neighbors. I know it, for I have lived alongside of them in Arizona, where they have several settlements, and are highly esteemed.

As to polygamy, how many of our men are monogamists all their lives? Only they do not, as a rule, protect and care for their polygamous mates, or the children, if there are any.

Let us have less cant and hypocrisy.

Food and Fuel

DR. ELMER LEE, editor of Health Culture, is a man of high ideals and says many good things, but some things he says I cannot quite agree with. For instance, following is an extract from an article on "Summer Comfort," in Health Culture for June:

"It is a mistake to try to eat less in hot weather. Eating promotes health and activity. A locomotive will consume the same amount of fuel in the summer as in the winter. A locomotive in the Sahara will require as much coal as one in Siberia."

According to this, a man may eat the same amount of food during a California summer as in a Canadian winter. The three uses of food are to furnish heat and energy, and replace waste. When the temperature of the atmosphere is equal to that of the blood, there is no loss of heat. Again, hot air contains less oxygen than cold air, therefore burns up food less rapidly.

It is not correct to refer to the body as a steam engine. It should rather be called a storage battery, or electric motor, which has the power of recharging itself with life or vital energy. Much energy is stored during sleep. Indeed, some go so far as to claim that we do not need food at all for heat and energy, but that they are absorbed during sleep, from a great outer source of cosmic energy.

The man who tries to eat as much food—even if it is non-heating food—in hot weather, as he does in cold, will soon find himself a sick man. The quantity and quality should both be changed in summer.

Health Advice by Mail

AS editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of BRAIN AND Brawn, it has been my privilege to give dietetic and other advice by mail to hundreds of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydropathy are valuable, and sometimes indispensable means of aiding nature. Any honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. "As a man eateth so is he."

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

I perform no miracles. I promise no cure. Nobody ever cured anybody. Whoever says he can cure anybody is a fool or a knave. Nature alone cures. All I do is to point out the way.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of hygienic home treatment.

Harry Ellington Brook M.D.

Mail Address, P. O. Box 612, Los Angeles, California.

Vox Populi

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

WANTS BEAUTIFUL PICTURES OF BEAUTIFUL WOMEN.

I suggest one thing to add to the attractiveness of the magazine: That is, to have a beautiful picture of a beautiful woman in each issue. Or better still, to be given away separately for framing, or hanging up. There is no form of advertising a magazine equal to this.—C. G. Buck, 1015 Ingraham Street, Los Angeles.

[There is in most of the magazines, and other publications, a great surplus of pictures of more or less beautiful women, dressed and undressed. They adorn the walls of backhouses in country towns and mining camps, from California to Maine. We are not competing with picture publications. This magazine is for those who think, not merely for those who look.—Ed.]

BENEFITED BY GOOD ADVICE.

Inclosed you will find the balance due for the end of your three months' treatment. I trust that other people will reap as much benefit as I. I wish you much success and a long and happy life.—Horace J. Howard, Anaheim, Cal.

[All who follow my advice, whether in the magazine or by mail, benefit by it. Unfortunately so many patients are impatient.—Ed.]

DOESN'T APPRECIATE ARTISTIC HEADLINES.

I think up to date plain English letters in far better form for your headings than the old English lettering you have adopted. Not being accustomed to it, many of us have to stop to decipher them.—C. J. Schenk, Van Nuys Building, Los Angeles.

GOOD CAUSE FOR DELAY.

Kindly renew my subscription to BRAIN AND Brawn. The arrival of a fine baby girl caused the delay of my remittance.—Mrs. Elizabeth Robinson, 1819 Vista Del Mar, Hollywood, Cal.

COVERS A WIDE FIELD.

I have received orders for my book on diet from the Hawaiian Islands, Jamaica, South Wales, Cuba, Canada, and the Philippines, all referring to your magazine, in which you printed a brief mention of my little book six months ago.—Axel Emil Gibson, D.O., Beaumont, Cal.

FROM THE LAND OF THE STEIN.

Kindest regards to one whose sound teachings I miss here amidst the hearty livers of Europe.—E. M. Gubsch, Munich, Bavaria.

Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

MUSH.

Do you consider raw oatmeal, with raisins or dates and light cream and sugar a good food for an ordinary, healthy person?—E. R. H.

No, I consider it a very unwholesome meal, indeed. Raw cereals are bad, and a mixture of starch and sugar is bad, and a mixture of milk and sugar is bad, and the whole thing is bad. All mushes are unwholesome, chiefly because the starch is not thoroughly masticated and insalivated. Eat dry. I was brought up in England on oatmeal mush, which is there a sort of a religion, and so laid the foundation for chronic indigestion that it took me many years to get rid of.

SPERMATORRHOEA.

R. T. J.—Do not permit yourself to fall into the hands of scoundrelly "specialists in men's diseases" who fatten vampire-like on the blood and money of the ignorant, creating in their minds fears that are altogether baseless. A noted physician of large experience has stated that for a period of eight years, in which he was constantly making microscopical examinations of urinary sediments, he has not a half-dozen times found spermatozoa. He says that "not one case in a hundred of so-called loss of semen is anything more than deep urethritis. In my opinion, spermatorrhoea is comparatively a rare disease."

Select a simple, non-stimulating diet that does not create gas, or contain too much phosphorus. For local treatment wear the hygienic T bandage on alternate nights.

HOMEOPATHY.

N. P.—Homeopathy is preferable to allopathy, because the drugs administered by the homeopaths are so greatly diluted that it practically amounts to suggestion. Of late the homeopaths have been inclining to increase the amount of their doses, to this extent going backwards.

Have You a Friend?

WHAT more appropriate and useful souvenir could you buy him, for a dollar, than a subscription to **BRAIN AND Brawn**? It will remind him of you every month, for a year, and it will do him good.

Or, perhaps, you are so fortunate as to have six friends. In that case you may present each with a year's subscription for five dollars. Send us the "dough" and we will do the rest.

BRAIN AND Brawn, Chamber of Commerce Building,
Los Angeles.

The Printed Page

STARVING AMERICA; Alfred W. McCann; 270 pp.; order through Naturopathic Publishing Company, \$1.70 postpaid.

The title of this book does not refer to starvation through lack of food, but to the millions who are slowly starving, although over-fed, because their food is to a great extent deprived of the all-important mineral elements, as in bolting flour, boiling vegetables, etc. This subject is generally overlooked by writers on diet, although it is the most important of all relating to food. I have frequently called attention to the subject, and in February last, devoted a special number to it.

Another reason for starvation, the author sets forth, is the almost universal adulteration of foods, of which he has made a special study. He shows why fifteen million children in America are physically defective, and why Americans are rapidly becoming a nation of dyspeptics.

This is one of the most valuable books ever written on the subject of diet. It should be read by all who are interested in their health. I shall make further reference to it in the near future.

THE HUMAN SLAUGHTER HOUSE; Wilhelm Lamszus, 116 pp.; 50c net; Frederick A. Stokes Co., publishers, New York. For sale in Los Angeles by C. C. Parker.

This little book recently created a great sensation throughout Germany. A hundred thousand copies were sold in three months. It has since been translated into eight languages. The Government deprived the author of his position, as school teacher, but he is said to have since been reinstated. The Crown Prince wrote a book on the attractive side of war, to try to offset the effect of the volume.

The author, Wilhelm Lamszus, is not a "weakling," or a "neuropath," as the German government organs sneeringly called him. On the contrary, he is a trained gymnast, given to athletic exercises, has had sufficient medical training to pass through a school of comparative anatomy, and has written like a patriot to the praise and glorification of a just war, like that of the Netherlands, against Spanish tyranny.

The book is written in terse, graphic, impressive language, reminding one of Zola. It describes a series of encounters between German and French troops. One can almost smell the smoking blood, and feel the impact of fragments of human flesh. It should be read by all who doubt the truth of Gen. Sherman's saying. This little book is one of the most powerful arguments ever put forth against war. It shows war divested of its gay new uniforms, inspiring music, and the cheers of enthusiastic crowds. It shows men in the slaughter house of the modern battle field, where human flesh and blood are pitted against perfected machinery—against invisible machine guns, bombs from above, and mines from below. Carnegie should buy a million copies of this volume for distribution.

THE FASTING CURE; Upton Sinclair, 153 pp. Order through Naturopathic Publishing Co.; \$1.15 postpaid.

People are beginning to learn of the wonderful effectiveness of intelligent fasting as a cure for chronic disease. In this book Mr. Sinclair, who made his chief reputation as author of "The Jungle," tells of his experiences with

fasting. Regarding the difference between starving and fasting, which many people do not understand, the author says:

"I took a fast of three days out in California. On the third day I walked about fifteen miles, off and on, and, except that I was restless, I never felt better. And then in the evening I came home and read about the Messina earthquake, and how the relief ships arrived, and the wretched survivors crowded down to the water's edge and tore each other like wild beasts in their rage of hunger. The paper set forth, in horrified language, that some of them had been seventy-two hours without food. I, as I read, had also been seventy-two hours without food; and the difference was simply that they thought they were starving. And if at some crisis during a long fast, when you feel nervous and weak and doubting, some people with stronger wills than your own are able to arouse in you the terrors of the earthquake survivors, they can cause their most direful anticipations to be realized."

SEVEN STEPS TO THE THRONE OF SELF GOVERNMENT; booklet, Jabez Haigh; 64 pp.; published by the author, 327 South Olive St., Los Angeles; paper 25c, cloth 50c postpaid.

Unlike some writers on psychical subjects, Jabez Haigh, who describes himself as a "divine scientist," is practical. He believes in the body as well as the mind. In fact, he cured himself of chronic disease by the Nature Cure. The seven steps of this book are: "Aspiring and Idealizing;" "Willing and Resolving;" "Swift Obedience and Prompt Action;" "Self-Denial and Self-Sacrifice;" "Self-Confidence and Self-Reliance;" "Concentering and Concentration;" "Life's Supreme Lesson of Love."

Mr. Haigh is a sincere and conscientious man, and his little book is well worth reading. I warmly commend it.

To Advertisers Who Think

WISE advertisers recognize the value of quality as well as quantity. A very large purchaser of advertising space was recently quoted in Harper's Weekly as saying: "Mere circulation without a definite value, although usually advanced as a chief argument, means nothing. Magazines deservedly held in highest regard produce most sure and profitable results."

I would not recommend you to advertise drugs or hog products here, but if you have a good thing that appeals to our class of thrifty people who think, an advertisement will yield profit if you give it a fair trial—say for not less than three months. Readers go through this magazine every month "from kiver to kiver."

Our advertisements are carefully censored. Readers know we accept nothing "off color." This makes space more valuable. Any intelligent man is willing to pay more for a residence lot with restrictions, than for one where he may have a laundry on one side and a sawmill on the other.

If you wish, I will write your advertisement, without extra charge. Some of my friends are kind enough to say that I am no "slouch" of a writer. And I have had thirty-seven years' experience in California, so I know my people. Otherwise, our advertising manager, Ralph Lanehart, will cheerfully furnish you with full particulars.

Our address is 508 Chamber of Commerce Building, Los Angeles. Telephone (Sunset) Main 5364.

HARRY ELLINGTON BROOK.

Among the Healers.

[Brief items of interest for this department, such as changes of address, firms, etc., are solicited. They should be received by the fifteenth of the month. Address letters to the editor.]

Among our eastern friends is Dr. J. R. Campbell, chiropractor, of Norfolk, Nebraska. He loses no opportunity to get subscribers for the magazine. Under date of July 15 Dr. Campbell writes as follows:

"BRAIN AND BRAWN is all the name implies. On my table among other high-class magazines, it is always selected first by my patients. It strikes the right key-note and wins favoritism where it is. I wish you continued success."

Dr. Henry Gross has moved to 1257 South Hoover street.

Look over the list of natural healers who advertise in the magazine—naturopaths, osteopaths, chiropractors, hydropaths, dieticians, etc.—so that you may know where to go when you want the services of a conscientious and capable physician.

Dr. W. F. Grover, brother of Dr. Samuel F. Grover, of Portland, Ore., has moved to San Diego, and opened an office in the Timkin Bldg.

Mary Kraft, osteopath and dietitian, has removed her Los Angeles office to 420 South Olive Street, 2 blocks west of the Broadway Department Store, where she may be found between 1 and 4:30 p.m.

Dr. R. D. Alsaker has severed his connection with the "Stuffed Club," and for some time will be located at 1412 Chemical Building, St. Louis.

Dr. J. Heggssey, of San Francisco, is a bright and original thinker. He is the author of a most interesting and valuable book entitled "Must Women Suffer Everlastingly?"

POST-MORTEM CHAT.

Two Irishmen were working on the roof of a building one day when one made a misstep and fell to the ground. The other leaned over and called:

"Are yez dead or alive, Mike?"

"O'im alive," said Mike, feebly.

"Sure you're such a liar Oi don't

know whether to belieave yez or not."

"Well, then, Oi must be dead," said Mike, "for yez would never dare to call me a liar if Oi wor aloive."—Philadelphia Record.

The Business Office

BRAIN AND BRAWN may be found at the following public libraries:

California: Los Angeles, San Bernardino, Riverside, Ventura, Santa Monica.

Arizona: Phoenix, Tucson.

Also at the Metaphysical Circulating Library, 910 Black Bldg., Los Angeles.

"Health," a good magazine, established over 60 years ago, and recently purchased by Elizabeth Towne, of the Nautilus, clubs with BRAIN AND BRAWN at the rate of \$1.10, for the two magazines. This is a "bargain sale" price.

Here is what a few of the Los Angeles newsdealers say about BRAIN AND BRAWN:

John D. Mercer, 104-6 W. 1st St.: "We have calls for BRAIN AND BRAWN every month before the current issue is delivered to us."

M. A. Renn Co., 712 E 5th St.: "Increase my order, sold out again."

Old Book Shop, 104 S. Broadway: "BRAIN AND BRAWN is all right; the people want it."

Pelton's News Co., 231-233 S. Spring: "One of the few magazines I read every month, from cover to cover."

Strassforth & Green, 640-644 S. Main St.: "There is a bigger demand for BRAIN AND BRAWN than for any new magazine we have handled. We sell out nearly every month. Want to advertise in it when we make our next appropriation."

Baker's Book Store, 434 S. Hill St.: "BRAIN AND BRAWN goes fine."

Newstand northeast corner 4th and Spring: "My trade is mostly transient, but I have a lot of regular customers for BRAIN AND BRAWN."

Fowler Bros., 543 S. Broadway: "Great little magazine; sells fine. Our customers want Harry Brook's magazine."

Van Houten's Pure Food Store, 657 S. Hill St.: "A great many of my customers read BRAIN AND BRAWN."

Where they don't subscribe for it they get it here. I read it myself from cover to cover as soon as I get it."

Occult Book Co., 138-140 S. Broadway: "BRAIN AND Brawn is one of the best sellers we handle."

J. Blencoe & Son, Cor. 8th & Hill St.: "We hear a great many people commenting favorably regarding BRAIN AND Brawn. Our sales are good and there seems to be an increasing demand for it each month."

Our Advertisers

[NOTE:—Only approved advertisements will be inserted in this magazine. No advertisements of drugs, fake remedies, or off-color doctors accepted at any price. This will keep out some people, but it will make advertising space of more value to those who come in. Any complaints about advertisers whose notices appear in these columns will receive immediate attention from the publishers. If desired, advertisements will be written by the editor without extra charge. Copy should be received not later than the 17th of the month.]

FOR PILES.

"Constipine" is recommended as an easy, effective and painless local application for this most painful ailment. Dr. J. R. Leadsworth, 505 Ferguson Bldg., is local distributor. Write to him for a circular.

GOOD BREAD.

Zeller's wholewheat bakery has opened a retail store at 1035 W. 16th St., corner Toberman.

IS YOUR SPINE CROOKED?

William Madsen continues to straighten crooked spines. He has moved from Pasadena to this southwestern metropolis.

MALT TONIC.

It is easy to say "avoid stimulants." It would be easy to do so in the natural life. In this strenuous age, it is difficult. Most of those who preach most loudly against stimulants consume them regularly. As, for instance, coffee and tea and chocolate, and injurious "soft drinks" containing caffeine. Meat is a stimulant, the stimulus being the filth of the blood of the animal when it is killed. One of the least

objectionable and most wholesome forms of stimulants is malt tonic. Unlike other stimulants, it also contains nourishment.

CARE OF THE BODY.

Dr. J. Denny, late of Melbourne, Australia, an experienced health culturist, has leased half the top floor of the Columbia Trust Building, where he is prepared to give healthful and helpful treatments, including massage and baths.

WHOLESOME CRACKERS.

Avoid sweetened crackers. A mixture of starch and sugar leads to fermentation. Otto Carqué has added to his list of hygienic food products a wholewheat cracker, and a wholewheat fig cracker.

ARE YOU FOND OF GRAPES?

This month Mr. Caldwell will make a specialty of the grape cure so popular in Europe, at his foothill sanatorium near Pasadena. You may also find there many other effective aids to health. Mrs. Caldwell makes a specialty of the care of expectant mothers.

FOR THE COMPLEXION.

G. C. Lammers, dermatologist, has an advertisement in this number, of a face mask for the complexion, that should be of interest to some of our women readers. When used with reasonable care in regard to diet, remarkable results are claimed for this contrivance.

Need Any Money?

We want everywhere responsible agents—male or female, young, old or middle-aged—to act as subscription agents for this magazine. Liberal commission paid. You may break the eight-hour law every day, including Sunday, or you may work an hour once a week, just as you please. It is an easy and pleasant way of earning money, not like peddling, as the magazine practically sells itself—that is to say, among those who can think even a little. And while you are earning money you will be doing good, a rather rare combination.

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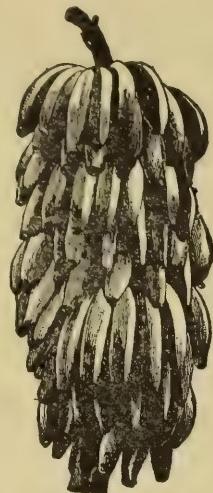
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GOOD BOOKS ON HEALTH

FOllowing is a list of good books on health subjects most carefully selected by the editor as being almost entirely in accord with the teachings of this magazine. They may be ordered through the Naturopathic Publishing Company. Here you have a fifteen inch book shelf of good health literature. Each volume is a model of its kind. Anyone who reads these books and mentally digests them will have a liberal education in the care of the body—better than could be had by attending any medical college for a lifetime. You will thank us for calling your attention to this list.

These books will be mailed direct from the offices of publication, therefore, allow about two weeks after we receive the order. All prices include postage. Remit by check or money order.

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HOME CYCLOPEDIA OF MEDICAL SOCIAL AND SEXUAL SCIENCE; Edward B. Foote M.D., 1250 pp. many illustrations.....	\$2.00
A health library in itself. Includes over 400 pages of most interesting and valuable information and advice on marriage and sexual relations.	
OLD AGE—ITS CAUSE AND PREVENTION; Sanford Bennett, 394 pp. 100 photos.....	\$1.65
Bennett, "The man who grew young at 70," tells how he did it. A remarkable book, of special value to those past middle age.	
ART OF LIVING IN GOOD HEALTH; Daniel S. Sager, M.D. 360 pp.....	\$1.65
This is one of the very best books I know on diet and general health measures.	
THE ART OF LIVING LONG; Louis Cornaro. 214 pp.....	\$1.65
The world famous story of an Italian nobleman who, given up by physicians in early life, adopted an abstemious dietary, and lived to be over 100.	
WE YOUNG MEN; translated from the German of Hans Wegener; 204 pp.....	\$1.85
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DISEASES OF WOMEN AND EASY CHILDBIRTH J. H. Tilden, M.D.; 185 pp.....	\$2.50
Worth its weight in gold. Mercilessly exposes medical butchery. "Probably one case in a thousand of fibroid tumor needs surgical interference."	
GONORRHEA AND SYPHILIS; J. H. Tilden M.D.; 188 pp.....	\$2.50
In this book Dr. Tilden gives advice that will save many young men—and older men too—from quacks, misery and suicide.	
HOW NATURE CURES; Emmet Densmore M.D.; 413 pp.....	\$2.65
The author was the founder of the "non-starch dietary." This I regard as a most valuable book on diet.	
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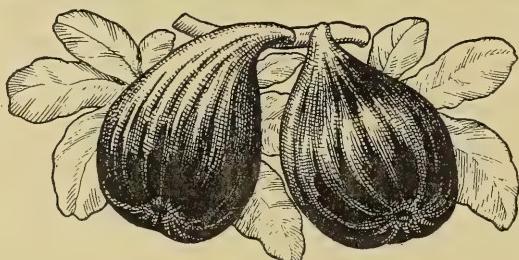
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THIS magazine is devoted mainly to the following purposes:

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The combating of medical errors and crimes, such as the poisoning of the blood with filthy animal virus, the absurd exaggerations of the germ theory, the suppression of symptoms instead of removing the cause of disease, the scaring of the people with false ideas in regard to infection and useless quarantines, drugging, vivisection, and unnecessary surgical operations.

Medical as well as religious and political freedom. The right of every man to choose his own physician as he chooses his own priest—or goes without one.

Education of the people in regard to the laws of health, and the cause of disease, especially in regard to diet.

Advocacy of pure food, and descriptions of adulterations.

Exposure of heartless and scoundrelly quacks, both "regular" and irregular, who prey upon the sufferings of poor humanity, not even attempting to cure diseases they are powerless to cure, so long as the victim has money.

Information regarding fake remedies that never have, could or would cure disease, but only serve to deplete the purse of the patient.

Eugenics, or the right of a woman to control her own body—to say when and under what conditions she shall conceive—and the right of the child to be well born.

The humane treatment of children and animals.

The establishment of universal peace, with honor.

The "back to the land" idea, showing the advantages of a "little land well tilled," to furnish small productive homes to those now dependent on precarious wages in our congested cities.

The simple life and the uplift of humanity.

Our health platform is as follows:

1. Disease is an effort of nature to remove poisonous or morbid matter from the system, and to restore normal conditions.

2. Drugs taken into the stomach, and filthy animal matter injected into the blood interfere with these healing processes of nature, suppressing symptoms of disease, while never effecting a cure.

3. The germ theory is a superstition. Germs are not the cause but an effect of disease, just as maggots are not the cause of rotting meat. Many germs are not only harmless, but are beneficial and necessary. At any time you may find in the throats of many people who will never get those diseases, the germs of diphtheria, cholera, tuberculosis, and other so-called "infectious" diseases.

4. There is no such thing as "infection" or "contagion," as generally understood. Skin diseases or blood diseases may be passed from one person to another by direct contact, where there is an abrasion of the skin. Therefore, all quarantine is useless annoyance.

5. There are no superfluous organs. A great majority of surgical operations performed now-a-days are not only unnecessary, but dangerous and harmful, and should be forbidden by law.

6. There are rational means of aiding nature to purify the system and restore health. Among these are diet, fasting, active and passive exercise, hydrotherapy, the adjustment of the spine, (osteopathy, chiropractic, etc.), deep breathing of fresh air, sun and air baths, rest, sleep and mental suggestion.

7. Next to air, food is the most vital of all subjects relating to the care of the body. Food is the material of which the body is formed. You cannot make a good suit of clothes out of bad wool. As a man eateth so is he.

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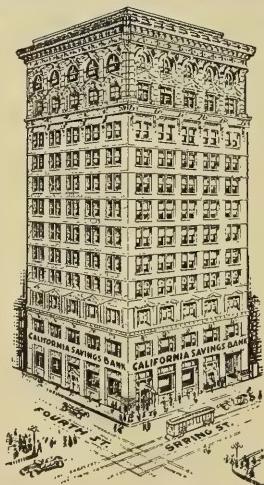
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Brain and Brawn

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Is it any wonder that people are sick, weak, have fermentation, gas, liver trouble, heart trouble, nervousness, constipation. Is it any wonder they have stomach catarrh, ulcer and cancer, rheumatism, gout, lumbago, Bright's disease? Is it any wonder they are too fat, too thin and sick half the time, that their eyesight, teeth and hearing are impaired at thirty, when they know almost nothing about selecting and combining their food, the one thing they must depend upon for health.

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Vol. II

LOS ANGELES, OCTOBER 1913

No. 5

Medical Men in Council

THE Seventeenth International Congress of Medicine, held in London in August, was a great success, having been opened with much pomp by Prince Arthur of Connaught, on behalf of the King, in the presence of a most distinguished gathering of representatives of the medical profession from all parts of the world.

As might be expected, the Congress resolved unanimously in favor of vivisection. This was somewhat of a slap at the British Government, for as I mentioned in the August number, a committee of the House of Commons has unanimously decided to approve a bill forbidding experiments on dogs.

Sir J. Crichton Brown referred to the great increase of insanity all over the world. He did not suggest that possibly the increasing use of animal serums may in part be responsible for this increase, as it undoubtedly is for the increase of cancer, and other deadly ailments.

Sir Thomas Barlow, President of the Congress, referring to the previous Congress held in London in 1881, said: "If it had not been for the work of Pasteur, Lister, and Koch, how poverty-stricken would have been the output of medicine and surgery in this, our Congress of 1913."

Well, let us look a little into this question of what the men named have done for the benefit of humanity.

Of Pasteur an eminent French physician has said: "He does not cure hydrophobia; he gives it." Pasteur institutions are regarded as a form of dangerous graft, and are not permitted in England. Consequently, hydrophobia is as rare there as it is common in America. As to the Pasteurizing of milk, that is now forbidden by intelligent physicians, because they know that the sterilization, and in a minor degree, the pasteurization, of milk, by coagulating the albumin, and changing the mineral elements, produces (in children who live on nothing else), constipation, rickets, and ultimately consumption.

Pasteur has been widely praised as the father of the germ theory of disease. Here is the introduction to an interesting paper, read by Dr. Herbert Snow, of London, surgeon for 29 years of the London Cancer Hospital:

The germ theory of disease, so prominent in medical literature and practice, began with the unsuccessful efforts of the chemist Pasteur to apply to human maladies—which, not being a doctor, he only knew academically—deductions drawn from the phenomena he had observed in fermentation. There has never been anything approaching scientific proof of the casual association of micro-organisms with disease; and in most instances wherein such an

association has been pretended, there is abundant evidence emphatically contradicting that view. Yet most unfortunately this lame and defective theory has become the foundation of a very extensive system of quackery, in the prosecution of which millions of capital are embarked, and no expense spared to hoodwink the public, with the more credulous members of the medical faculty.

Lister is the inventor of what is known as "aseptic surgery." Intelligent and broad-minded physicians are now beginning to admit that exaggerated asepsis has been over-done, and carried to an absurd extreme. We cannot sterilize the air. Here is an extract from an article by the late W. R. C. Latson, M.D.:

I remember on one occasion a young man assisting in an operation stooped to pick up an instrument which the operator had dropped, and in so doing touched with his other hand the leg of the iron operating table. "Now you must go and sterilize again," said the operator. The surgeon on this occasion was a brilliant operator and a good fellow, fat and jovial. The operation was one of the most desperate I have ever seen. It was in mid-summer. As the surgeon bent over the open abdomen, the perspiration dripping from his forehead and the apex of his nose fell with a gentle trickle into the gaping wound of the little woman, lying there so white and indifferent, with most of her abdominal organs wrapped in hot towels and held by the skillful and sympathetic assistants.

And the result? Of course, you will say that settled it. The surgeon's sweat, laden with his own body's poisons, must have infected the wound and caused the patient's death. Not at all. Today, fifteen years later, the patient is alive and well, and has borne three children since absorbing into her "sacred cavity" the poisonous sweat of the great surgeon who ordered an assistant to resterilize his hand because it had touched the table leg.

Japanese and Hindoos, in rough field hospitals, recover from wounds that would inevitably kill white men, who eat much meat, and whose blood is therefore full of impurities. Cleanliness—inner and outer cleanliness—is all that is needed in disease, as in health. That, not the injection of filthy animal serums and useless quarantines, has diminished the ravages of the plague, smallpox, typhus fever, and other filth diseases.

This, however, is altogether too simple for the political doctors. Besides, it would eliminate them. Dr. D. O. Hancock, the recently elected president of the Kentucky State Medical Society, a component part of the American Medical Association, in his inaugural address, as reported in the Louisville (Kentucky) Times, said:

The future of the profession depends on keeping matters so that when the public thinks of these things they automatically think of physicians, and not sociologists and sanitary engineers.

Next we come to Koch. He made his fame by inventing "tuberculin," with which tuberculosis was to be wiped off the face of the earth, just as Friedmann promised with his "turtle soup." Tuberculin is now abandoned by the most experienced and intelligent physicians, it having proved to be not only useless, but harmful. Here is a statement made at the Congress by Dr. H. W. G. Mackenzie, consulting physician to the Brompton Hospital for Consumption:

After all the trials I have made I still feel uncertain as to the value of tuberculin. I do not feel that confidence in the power of tuberculin which would justify me in saying to every patient that comes to me with tuberculosis without secondary infection that I have a remedy in tuberculin which will surely benefit him. Tuberculin treatment is still on its trial.

Not very encouraging, after so many years of "trial" on human beings. How much more trial will be necessary?

Koch also asserted that tuberculosis cannot be transmitted from animals to human beings. It would certainly be a dangerous experiment to feed a child exclusively on milk from a tuberculosis cow.

There is yet one more great medical "authority" whom we have to consider—Prof. Paul Ehrlich, of Frankfort, Germany, discoverer and inventor of the wonderful syphilis remedy "salvarsan," commonly referred to as "606," this being the six hundred and sixth wonderful medical invention of the great German professor. For centuries medical science has been depending on mercury as the only sure cure for syphilis. With mercury they have poisoned the blood and rotted the bones of millions. For every one who has been slain and disfigured by syphilis 10,000 have been killed and mutilated by this damnable drug. In its later stages the horrible symptoms are due to the mineral poison, not to the syphilitic poison. Syphilis is a comparatively easy blood disease to cure, if taken in the earlier stages. This new "dope" of Ehrlich's is based on arsenic. We have not heard so much about it lately, except that in medical journals reports begin to creep out of damage following its use, especially to the eyes. Ehrlich was present at the London Congress. The London Times says that his name "aroused more enthusiasm and honor among the doctors than that of any other foreign member." At first Ehrlich proposed to cure syphilis by one single dose of medicine, just as Jenner proposed to prevent smallpox by one inoculation. Says the Times, reviewing his speech:

It is now admitted that salvarsan does not achieve that effect as Ehrlich at first hoped it would; and there are other respects in which his earlier reports have had to be modified.

Within a few years "salvarsan" will have gone to the garbage heap, with other "ethical" poisons. Not, however, until it has taken its toll of human life and suffering.

Love and Passion

DURING the trial of a divorce case in Chicago the plaintiff testified that her husband "did not love her with enough enthusiasm" and told of administering a "love potion" prescribed by two "eminent physicians."

This of course means that these more or less eminent physicians gave her drugs to stimulate temporarily her husband's sexuality—"aphrodisiacs" they are called in medicine, after Aphrodite, the classical lady of less than easy virtue. Of course, such a procedure is unwise and unwholesome. Moreover, it is foolish, because all stimulants have their inevitable reaction.

As to "love," the most abused word in the English language, you cannot produce that by drugs. Inability to distinguish between pure love and animal passion, common to the brutes, is the cause of 90 per cent. of unhappy marriages.

Costume and Custom

DURING the past few months it has scarcely been possible to pick up a newspaper without encountering silly, sickly, semi-prurient twaddle about women's costumes. We are told how, in one town, a woman was arrested for presenting a "chesty" appearance on the street, while in another over-grown village an ordinance had been enacted against skirts that show a few inches of a woman's leg. This foolish waste of space is an insult to the intelligence of readers who think. Here is an extract from a clever article entitled "Slit Skirts and Legs," in the Los Angeles Times, by Alma Whitaker:

Are legs, female legs, really disreputable? Surely not. They are often shapely, even beautiful. Frequently skinny or merely so-so. Sometimes well shod, sometimes otherwise. But their outline is ordinary and unemotional for the most part—a mere stem adorned, under happy circumstances, with a curve at the calf.

The average female leg ends with a foot provided with five toes and occasionally, nay, all too often, a corn or two. The great toe is invariably askew, the toe nails not quite pretty. The leg itself is often well clothed in hairs, and a few scars can be traced at intervals—relics of youth and instability. Nothing could be more uninteresting, more unromantic, less inspiring. For which reason hosiery has become one of the stern necessities of life—an urgent expedient for preserving a semblance of poetry. Covered thus, they often look quite presentable and shapely. Then again they often don't. But either way they strike me as being far too mildly innocuous to be inherently disreputable.

All this discussion about the immorality or indecency, or otherwise, of certain female costumes, is illogical and absurd. A costume that is quite correct at the beach or in the ballroom will cause the arrest of a woman on the street. This shows that dress is a matter of custom and locality, not of morality.

Clothes originally served two purposes; first, to protect the skin from cold and harsh climates, and second, to cover a portion of the human body that sex pruriency has declared to be improper. Dr. Leon E. Landone has said:

The present race is sexually insane. For generations both thought and emotions have been consciously centered and concentrated upon special sex functioning. The life energy has been and is being drawn from every portion of the body and brain to the sex organs.

Indecency lies in suggestion. A fully clothed woman may, by suggestion, be vile, while an absolutely nude woman may arouse no impure thoughts, except in those whose minds are naturally filthy. As Dr. Johnson has said: "Not in the undraped statue is indecency, but in the mind that sees indecency in the statue." In other words: "Honi soit qui mal y pense," as King Edward said, when he rebuked his snickering courtiers, and established the Order of the Garter.

Fashions continually revolve in a circle. The modern transparent skirt is a reversion to the gauze dresses worn after the first French revolution, by the "merveilleuses," only they did not wear tights underneath them. This was too much—or too little—even for a people who set up a prostitute in the temple to be worshipped, in place of the Virgin Mary. In the eighteenth century, women exposed their bosoms on the street as freely as they now do in the ballroom or the opera house. All of which, as I have said, goes to show that costume is merely a matter of custom. Our domestic animals run around

"stark naked," yet no one seems to object, although I have no doubt there are some particularly pernicious prudes who would like to see them draped in pants or petticoats—the class of people who see indecency in that beautiful, modest painting "September Morn."

Extreme costumes that are neither artistic nor hygienic, are designed in Paris, and worn at Longchamps and other public places by "mannequins," to advertise their employers' goods, and by women of the town, to set off the wares they offer for hire, as a fisherman uses bait to catch suckers. One of the leading French dressmakers recently said he would see how far he could go "in making damn fools of American women." The profit on these costumes is immense. On a wager six Parisian dressmakers recently completed a fashionable "creation" in twenty minutes while riding in a tube car.

"Respectable" American women have no such legitimate excuse as Parisian "cocottes" for making "sights" of themselves. Such costumes are, however, rare exceptions. One may walk several blocks in the heart of an American city without encountering one. Newspapers and other publications insult the sex, and nauseate sensible readers, by devoting so much space to a few freaks, although such stuff may give pleasure to young degenerates and salacious old bucks, who cultivate desire long after virility has departed.

From a health viewpoint, women's clothes are in some respects much more sensible than those of men. That is to say, apart from the unwholesome corsets, tight collars, tight skirts and high heels. Compare the semi-transparent white shirt waist of the average woman with the heavy, dark woolen clothes worn by men throughout the year. The exposing of the body is a good thing, as it tends to harden it, and make it resistant to disease. Air and sun baths are much more important than water baths. Prof. Elster, of Jena, defending transparent blouses and décolleté dresses, pointed out that women have a higher rate of longevity than men. He said:

The exposure of parts of the body entailed by fashion, makes women hardy. If fashion exposure really caused disease, then women would suffer more than men, in particular from the diseases which begin with cold. But, as a fact, women suffer far less than men from bronchitis, catarrh, inflammation of the lungs, and consumption.

The worst thing about woman's dress is the constant and senseless series of changes prescribed by what is called "Fashion," involving an immense expenditure of time and money, and leading to much bitterness, jealousy, vice and crime. Statistics show that a large percentage of prostitutes attribute their downfall to love of dress. How much more sensible are the simple, unchanging, hygienic costumes of the Chinese, Persian, and other Oriental people, and the beautiful Greek costume of olden times, which a few women have recently ventured to adopt, with some modifications.

Men are by no means free from the follies of fashion, as witness the inartistic custom of a white collar on a colored shirt.

As I said recently, now that the women are getting the suffrage let us hope that they will declare their independence of the absurd decrees of Fashion. Meantime, suppose the papers stop publishing so much silly twaddle about women's skirts, and devote the space to something more interesting and instructive.

Medical "Science"

THE so-called "science" of the drugging, serum injecting, and carving school of medicine is not science, but a series of constantly changing conjectures and experiments at the expense of human beings. As Prof. Henle, the great German pathologist has said: "Medical science at all times has been a medley of empirically acquired facts and theoretical observations, and it is so likely to remain."

Edward Hooker Dewey, M.D., has written:

There is this to be taken into account in the dose treatment of diseases—that most cases recover regardless of the treatment, even whether it is the most crucifying or whether there is no dosing. Therefore, the good effect of dosing is at best a matter of hazy inference, where real evidence is not possible. The lack of uniformity in the character and times of doses for similar diseases is a burlesque on science. What would a text-book on chemistry be worth with nothing more in the way of demonstrative evidence than we find in our *materia medica* in the summing up of the "medical properties" of drugs?

In his Harveian oration before the President and Fellows of the Royal College of Physicians, in October, 1912, Sir J. F. Goodhart, M.M., F.R.C.P., said: "There has never been a dose of medicine administered—however much they thought to have divined its action—that has not been in some measure an experiment."

A few years ago Dr. Richard C. Cabot, a physician in the Massachusetts General Hospital, and instructor in Harvard Medical School, read a paper at the annual meeting of the American Medical Association, entitled "A Study in Mistaken Diagnosis," in which he surprised and shocked his hearers by frankly confessing that of a thousand cases diagnosed by him in the hospital, which afterward came to autopsy, his diagnoses were correct in only about 50 per cent. As the National Druggist says, commenting on this admission:

"If a man of Dr. Cabot's supremacy is only able to make correct diagnosis in something like 50 per cent. of all the cases he undertakes, what is the conclusion concerning the thousands of practicing physicians whose skill is far below that of Dr. Cabot, and whose opportunities for verification and disproof are practically nil?"

Is this science? Science is exact. What would be thought of an astronomer who should calculate correctly the orbits of only 50 per cent. of the comets he observed? He would be regarded by his fellow astronomers as a joke. "Christian Science" is safer than this kind of medical "science," because if it does no good, at least it does no harm.

What is called medical science, as at present constituted, can never be anything else than a succession of experiments in the dark, because the practitioners do not know what disease is. They never see disease, except when complicated by drugs and food. They regard it is a thing to be suppressed, instead of an effort of nature to cure.

Modern medical science must always be a failure, because it is based on the false germ theory of disease, which teaches that germs are the cause of disease, whereas they are merely incidental—beneficent scavengers, to kill which, without removing the decaying matter on which they feed, would be as dangerous as it would be to kill off all the flies, without removing the filth upon which they exist.

Appendicitis

JN July, 1912, when Ad Wolgast, the prizefighter, was operated on for appendicitis in Los Angeles, at the request of the sporting editor of the Los Angeles Times I contributed a brief article, in which I said Wolgast would never again be the same man physically. Following press dispatch from Portland, Or., was published under date of September 9, 1913:

Ad Wolgast, erstwhile lightweight champion, has announced his final retirement from the ring. Wolgast is here en route from California to his home at Cadillac, Mich. After settling up his affairs there, he says he will return to Oregon and settle on his ranch near Medford, which purchase he has just completed.

"My appendicitis operation put me out of the pugilistic running," declared Wolgast, "and, if I am not mistaken, it has played a similar trick on Bud Anderson. I shall never fight again. My prediction is Anderson will win no more hard fights."

It is only when prominent men like Wolgast are affected and put out of business that we learn the evil after effects of surgical operations. The doctors, of course, will not tell, and patients seldom like to admit having been victimized.

It is less than twenty-five years since "appendicitis" was "invented" and made popular—and profitable—by the medical fraternity. At first people were told the ailment was caused by small seeds, so berries went out of fashion among those who do not think or investigate and who, consequently, did not know that the aperture in an appendix is almost too small to admit a pin point. The appendix of a dog being quite different from that of a human being, vivisection led to much error along this line.

Now-a-days, whenever one of the unthinking kind has a pain in the lower regions—and has the "price"—the victim is rushed to the operating table. The operation is a godsend to the surgeons. One of them has even suggested that every child should be "appendicized" at birth.

What is called "appendicitis" is simply inflammation of the lower bowel, with constipation, gas and impaction of hard feces. In a majority of cases the appendix is not affected, although sometimes the inflammation spreads to that necessary organ, the purpose of which is to lubricate the lower bowel. Several years ago M. J. Rodermund, M.D., declared he had witnessed and assisted in thirty-four operations for so-called appendicitis but had never seen a diseased appendix.

If the patient does not die in consequence of the operation, the anesthetic, or the shock, the removal of the appendix is always followed by alternate constipation and diarrhoea, and by other physical and mental ailments that surely result from the extirpation of necessary organs, for Nature has framed no "superfluous" organs in this body of ours. Even when the appendix is badly inflamed it will suppurate and discharge through the bowel.

Those who eat with reasonable discretion, avoid all drugs, and keep their bowels open, will never get "appendicitis." When it occurs it may easily, swiftly and safely be cured by simple natural methods to which I shall refer later.

"White Slavery"

FOR months you have scarcely been able to pick up a newspaper without running across an article on what the "bright young men of the press" are pleased to call "white slavery." Should the man from Mars enter one of our leading theaters, he might be justified in supposing he had stumbled into a brothel. An author writes—for money—a salacious play, followed by a few moral observations to make it "educational." The manager produces it—for money. Press and pulpit denounce it, and the money rolls in.

In most cases the use of the overworked phrase "white slavery" is absurdly inappropriate. A great majority of the women referred to are not slaves, and some of them are not white. When a couple of young women, not altogether without experience, run off with two married men, on a "lark," they are called "white slaves." When a millionaire married man takes a pretty young widow from a factory and installs her in a suburban bungalow, she is a "white slave." In the same way, when a girl under age voluntarily yields her body for hire, it is referred to as "rape." Such mis-use of English does harm, because it obscures the issues.

White slavery is the commercializing of what the law regards as illicit sex intercourse. The traffic is carried on by dealers who have organized a system of importing and exporting their "goods" according to the market demand, thus bringing their operations within the laws relating to interstate commerce. When necessary, girls are seduced—sometimes under form of marriage—by despicable creatures hired for the purpose. Whipping has for a time rid London of this pest, so that we may expect an extra heavy immigration of these most "undesirable citizens." Like Mexican peons, girls are kept in bondage by being always in debt to their "owners," and sometimes their clothes are taken away, so that they cannot escape. This is "white slavery," not the escapades of indiscreet or adventurous young women, who frequent assignation houses for the purpose of getting money from men, for services rendered.

There is another class of white slaves of whom we seldom hear—wives married to sensual men, who regard them merely as means for the gratification of their lust, and often force upon them unwanted children, hated before they are born. These women are deserving of far more pity and sympathy than foolish girls who play with fire. Theirs is indeed "white slavery," for unless they are able to buy a divorce, their condition is hopeless. Law and Church uphold man in maintaining his "marital rights." In my article on "Race Suicide," in the May number, I referred—somewhat emphatically—to an affirmation by the Ohio Supreme Court of a judgment granting a divorce to a man because the wife, having borne him ten children, refused to have more.

Then there are the hundreds of white slaves wearing out weary lives in unsanitary factories and sweat shops. Some of these unfortunates may be warned from the lure of prostitution by free discussion of the question, but on the other hand many ill-balanced girls will be led to consider the treading of the "primrose path," knowing that if they get into trouble the sympathy of the unthinking will be all on

their side, although, as the Argonaut recently suggested, if women desire to be on an absolute equality with men they should share the punishment for their mutual indiscretions.

Let us have less sensational slush and more serious systematic sex education, so that young people may know plainly the probable results of their amorous ventures. Those who oppose such education are either misguided or expect to profit by youthful ignorance. Also, as I have previously remarked parents should cease contributing to delinquency by granting healthy girls with warm red blood in their veins amazing liberty of access to men—sometimes men the parents know little or nothing of. Add to these things salacious dances and love of finery and you need not look farther for the cause of what some call "white slavery," others "the" social evil—as if there was but one.

As to the best method of dealing with real "white slavery," or prostitution, it is, as I said recently, a difficult problem, like garbage. Whenever the suggestion of segregating prostitutes is advanced, a cry of protest ascends from a certain portion of the public. It is true that segregation has its evils, but so has our present system—or lack of system—of scattering the women among lodging-houses, where they may do much more harm, both to men and women. There are lodging-houses in the heart of Los Angeles that are assignation houses in thin disguise. You may sometimes see girls in short skirts entering these places.

Prostitution always has existed and always will exist. To ignore it, is about as sensible as it would be to ignore the existence of sewage, and let it spread broadcast.

Uselessness of Vivisection

AS MENTIONED last month, a committee of the British Parliament has reported in favor of a law forbidding experiments on dogs, with or without anesthetics. Years ago the British government abolished compulsory vaccination and forbade the Pasteur treatment for hydrophobia, so popular in America, as a dangerous graft. In this country the medical trust apparently has more power and the public is too busy making money to study the rights and wrongs—the truth and fiction—of such subjects.

Vivisection is usually discussed from the viewpoint of animal suffering. It is not only cruel to animals, it is harmful to man. Here is the truth about vivisection in a nutshell. It is from a statement issued by the British Anti-Vivisection Society:

Vivisection means experimenting upon live animals by means of cutting operations, starving, feeding with loathsome substances in order to produce disease, inoculations, freezing, drowning, etc. These practices have led to no useful results in the interests of medicine or surgery, but have brought about confusion and contradiction, dangerous medical practices, and a deplorable waste of public money, to the neglect of truly ameliorative measures. Vivisection is in the hands of a small but influential body of men, who must be carefully distinguished from doctors, few of whom have any acquaintance with it.

This view was confirmed not long ago by the head of the British Royal Cancer Hospital, who declared that all cancer experiments on

animals were misleading in regard to human beings. Dr. E. Petrie Hoyle of England has said:

When animal experimenters have given drugs to their victims, and have noted the effect, they are confronted with the fact that, after all, animals and human beings react differently to drugs. Drugs dangerous to man are often innocuous to animals, and vice versa. To attempt to build up a science of medicine by testing drugs on animals is surely like building castles of sand at the seashore.

Horatio C. Wood, M.D., declares that "no experiments on animals are absolutely satisfactory unless confirmed upon man himself."

After cutting up a great many animals Washington medical "authorities" announced that "infantile paralysis" is spread by stable flies. After other long experiments on the same kind of animals University of California medical "authorities" say it is not. More recently a third "authority," after cutting up a lot of living creatures, declares decisively it comes from chickens. Meantime, not a word about the real cause—unwholesome feeding, especially of starches and sweets in warm weather. That would be too simple—and too cheap.

Another great gift for "medical research," as they prefer to call the torture of animals nowadays, in deference to public opinion, was recently made to the University of California. When it was announced the audience of Christian men and women arose and sang "Praise God from Whom All Blessings Flow." One might almost see Satan smile.

Professional Charity

LIKE almost everything else in this country, charity has been used as a means of robbery. Some charity organizations take everything they get. Others, more modest, retain only about 85 per cent. for expenses. A woman wrote to a Los Angeles paper that she had been called upon by a solicitor for a charity organization, who asked for clothing. She gave him some, and then added a few magazines, which he refused, saying that there was no paper mill to which he could sell them. There are, however, old clothes dealers.

"As cold as charity" is an old saying. Organized charity is several degrees cooler than the ordinary kind. Even if honestly conducted, there is a lot of red tape about it that sensitive people will rather die than go through. It is too much like exhibiting your sores to an unsympathetic world.

Slum residents are not the most to be pitied. To us their lot seems wretched, but they are used to it, and many would not exchange their foul alleys for cleanliness in the country. Those most deserving of sympathy are "decayed gentlefolk," pitifully striving to keep up a decent appearance, and too proud to tell of their troubles.

Real charity is something more than giving a dime to a beggar, or drawing a check for an organization. What the apostle wrote was: "The greatest of these is love"—not "charity," as it is incorrectly printed in the King James version of the Bible. Love is as far above formal charity as it is above sex passion. The best way to show your love for your fellowmen is to seek out those of your neighbors who need help, and bestow it quietly and tactfully. If you ask who is your neighbor, I refer you to the parable of the Good Samaritan. In this

way you can do good to yourself and to others at the same time. Your "bread cast upon the waters" will return to you in the shape of an approving conscience, that will permit you to sleep at night.

Even then, there will always remain work for charity organizations, among strangers and residents of the slums. Such organizations should be subject to as careful and regular scrutiny as banks and insurance companies. Above all, those connected with them should be something more than merely honest. They should be men and women who have real sympathy for the stragglers by the wayside, in the fierce battle of life.

The Nature Cure

FOR the benefit of newcomers in the BRAIN AND BRAWN family, I may repeat that the Nature Cure, or Naturopathy includes all natural methods of aiding nature to eliminate morbid matter from the system. These methods include diet, fasting, hydropathy, or the water treatment in its various forms, massage, osteopathy, chiropractic, and other methods of manipulation, air and sun baths, rest, electricity, and mental suggestion. The Nature Cure has been widely used in Germany for half a century, and is there honored by physicians of all schools. In this country it is only of late that people have begun to realize the great truth propounded more than two thousand years ago by Hippocrates, the Father of Medicine: "Nature cures, not the physician." Yet it is more than sixty years since Dr. Trall, one of the pioneers of American healing, delivered his remarkable arraignment of drug medication and exposition of the principles of hygiene, in the Smithsonian Institute in Washington.

One notable thing about the Nature Cure is the fact that a great majority of those who come to it have previously been given up as hopeless by their physicians, after trying almost every other known method of treatment. This is because the Nature Cure depends entirely upon the patient, and involves patience and self sacrifice on his part, qualities which few people possess. Surely, however, vigorous health, physical and mental efficiency, buoyancy of spirits and prolonged life are well worth the price.

When such natural cures of "hopeless" cases occur, "regular" physicians, who have previously had the patients in charge, say these are "exceptional cases." I have become quite used to that statement. They are exceptional to this extent only, that the patient was willing to give nature a chance to do what she is always trying to do, and will do if not obstructed by drugs, and unnecessary food.

THE profession knows a lot about the cause of disease that is not true and which it ought to forget; but it does not know much about curing acute and chronic diseases. The profession is a failure at the bedside; and that is why so many distinctive healing systems prosper in spite of the profession's opposition.—J. H. Tilden, M.D.

Dietetic Advice by Mail

INSTIGATED, doubtless, by the medical fraternity, whose preserves are constantly being encroached upon, the U. S. Department of Agriculture, through its "Office of Information," has issued through the press a "Warning about Unscientific Diet Systems being Recommended for Commercial Profit."

It is true that some dietary systems offered to the public are misleading and more or less harmful. As, for instance, raw cereals, or beef and hot water, or "brainy food." Criticism of dietetic teachings comes, however, with bad grace from the "regulars," for they are woefully ignorant in regard to foods and food values, not having been taught the subject in college, or at least only a smattering, and that quite likely to be more or less incorrect. Thus, we find modern medical works still quoting solemnly Voit's figures of the amount of proteid required daily, namely, five ounces; whereas, in later life he reduced this to one ounce, and Prof. Chittenden's experiments at Yale have proved conclusively that most people consume far too much proteid food. Again, there are few medical men who have any idea of the important parts played by the various minerals contained in natural foods, of which they are robbed in the bolting of cereals, and to a great extent in the ordinary methods of cooking. Indeed, with very few exceptions, medical men believe there is no difference between these minerals in the organic form, as found in natural foods, and in the mineral form. Hence, they continue giving drugs, such as iron and phosphorus, which are either inert or poisonous. Woods Hutchinson, the "Little-Apologizer-for-Human-Frailties," is a bright particular specimen of the amazing ignorance of the medical profession in regard to the laws of diet.

In Health Culture Dr. Elmer Lee refers to the 1913-14 catalogue of Washington University Medical School, St. Louis, from which he received his medical diploma. Two lines describe the course of instruction in "dietetics, food, beverage, and condiments in health and disease." This course consists of one lecture per week for eleven weeks in the first term in the third year in a four years' curriculum of study. Dr. Lee says:

How much can be taught students in a course of 11 hourly lectures? I often give 11 hours in food investigation in a single day. Medical schools regard dietetics as a minor study. It is assigned to an instructor as not being considered of sufficient importance to be taught by a professor or his associates. Eleven hours to dietetics and more than 110 hours to the study of drugs.

The school has 84 physicians in the faculty and 11 hours of the time of a third grade teacher is given to dietetics, and at an hour (4-5 on Fridays) that is least desirable.

Washington University Medical School is rated as high as any in the land. It has more than a dozen large splendid buildings, and money for every purpose. Rich men lavished their wealth upon it.

Is it any wonder that the average physician, when questioned by an anxious patient in regard to diet, usually says: "Eat what you please," or "Eat what seems to agree with you"? There's a reason.

Again, look at the diet served to patients in hospitals, including such ideal culture mediums as milk and "beef tea," the latter being

equivalent to urine. It is not surprising that "complications" often set in, but that so many of the patients manage to recover.

By the way, it is not so long since Prof. Atwater, of the U. S. Department of Agriculture, gave forth the false and misleading statement that alcohol is a food, a statement that was pounced upon and utilized by those who are anxious to extend the liquor business.

During the past ten years I have been giving simple, logical dietetic advice by mail, based on constant researches and experiments in America and Europe, during a period of nearly fifty years. Hundreds who have followed my instructions have been restored to vigorous health by merely correcting a few radical errors in diet, and these, not as the Government circular suggests "simply transient forms of digestive disturbances," but on the contrary, chronic ills of ten, twenty or thirty years' standing, for which the sufferers had tried a great many different methods, and many of them had been given up as hopeless cases by regular physicians.

Certainly, there is great need for intelligent advice in regard to the food of which the body is built, for good or ill. A great majority of the diseases that afflict poor humanity are due to gross ignorance in regard to the simplest rudiments of food values. So far have we strayed from a natural life that we can no longer safely trust our instincts to tell us what we should and should not eat, but must learn again, like little children.

It is a good practice for people to make a business of doing something every day for their development, that they don't want to do, and then to deny themselves every day something they want. This should not be for a day, a week, or a year, but a life work. In no other way can a man become master of himself.—[Dr. J. H. Tilden.]

What stronger breast-plate than a heart untainted?
Thrice is he arm'd that hath his quarrel just;
And he but naked though lock'd up in steel
Whose conscience with injustice is corrupted.—Shakespeare.

Blindness to the Future

HEAVEN from all creatures hides the book of fate,
All but the page prescribed, their present state:
From brutes what men, from men what spirits know;
Or who could suffer being here below?
The lamb thy riot dooms to bleed today,
Had he thy reason, would he skip and play?
Pleased to the last, he crops the flowery food,
And licks the hand just raised to shed his blood.
Oh, blindness to the future! kindly given,
That each may fill the circle marked by Heaven.—Alexander Pope.

Briefs

Religious hatred, cause of so many bloody wars, is breaking out again in Ireland.

In 1912 in the United States more than 70,000 children were deprived of one or both parents by divorce.

Our streets resemble battlefields, with autos, motorcycles and motor trucks representing the cavalry, sharp shooters and heavy artillery. Pedestrians represent the targets.

From 1493 to 1875 the gold production of the world was six and a half billions; from 1876 to 1911 it was over eight billions.

Prof. Paul Haupt, of Johns Hopkins University, says the prophet Zachariah has been misinterpreted, and that his description of Judgment Day refers to a plan of municipal improvements.

The produce of a single grain of wheat in the twelfth year would suffice to supply all the inhabitants of the world with food during their life time.

There is said to be no absolutely pure silk on the market.

Profit sharing is good, but how about sharing losses?

There are 200 open air schools in America. Every school should be an open air school, when the weather permits.

Bremen, Germany, has a savings bank, founded in 1825, with present deposits of over \$31,000,000. Los Angeles has a savings bank with deposits of over \$43,000,000.

Table salt is said to be a cure for snake bites. For such a purpose I endorse the use of salt.

Rev. Ambrose Roche, of Boston, says though Sunday is the only opportunity for the laborer to enjoy himself, he has no right to do so on that day. Queer.

Viscount Haldane, Lord High Chancellor of England, says public opinion is above law.

One suggestion made to the International Peace Congress was to boycott all jingo newspapers. Not a bad idea.

One cent papers in San Francisco. What will old timers think? In 1876, you couldn't pass a nickel there.

England has 189 cities operating gas plants at a profit, and only three operating such plants at a loss.

French women demand the right to be guillotined the same as men. A reasonable request.

A restaurateur says business men are further shortening their lunches. Also shortening their lives.

Rest in bed is the best remedy in tuberculosis, says Dr. John Flinn, of Prescott, Ariz. Yes, but give the stomach a rest also.

Huerta is said to have spent \$300,000 on French newspapers. How much has he spent in the United States?

Edison was taken sick. Not enough sleep.

A Los Angeles man shot himself because his wife was declared to be incurably sick. Manly way to show sympathy.

When the political doctors want another \$100,000 to kill squirrels and rats they dig up a "sporadic" case of bubonic plague.

Now political parsons. A church association resolved for a chaplain on every battleship and cruiser in the American navy. Why not a "sea lawyer" also?

The Government says much of the "graham flour" on the market contains sweepings from the mill, and often the lowest grade of flour produced.

Frau Ottmann, of Schonthal, Bavaria, had seven children in fourteen months. Quadruplets and triplets.

The dean of the Medical College of New York University says: "Fumigation is a delusion, a fraud born of superstition, fostered by the ignorant or unscrupulous for gain."

A writer in an Omaha paper estimates about 35,000 drugless practitioners in the United States.

Dr. Arnold Lorand, the famous specialist, of Carlsbad, Germany, recommends sausages made of hog's blood, for anemia.

A correspondent in a local contemporary asks why not public playgrounds for "grown ups." Yes, why not?

Butchers say they will go into other business if meat prices continue to advance. Good idea.

Proper diet exercise and the mental attitude which brings that peace of mind that passeth all understanding constitute the essence of life and health.—[Prof. B. H. Jones.]

BRAIN AND BRAWN

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

Vol. II

LOS ANGELES, OCTOBER, 1913

No. 5

Our Circulation

TO a magazine as to a man, circulation is the life. Our circulation is not so large as that of some of the popular monthlies, made up chiefly of advertising, illustrations and short stories, but it is a good, honest, healthy circulation as beseems a health journal, and it is steadily growing. Wise advertisers know that quality as well as quantity counts. A clever little trade journal recently said:

As you are a foot high, the value of advertising space in advertising mediums is not in proportion to the circulation, any more than the value of an oil depends on the quantity you can get for a dollar, but it depends on the number of copies that are actually read. And the number of copies actually read depends on the quality of the editorials.

Our circulation is not forced or artificial. It has been built up without any kind of premium, without any agency or advertising campaign.

Most of the readers of BRAIN AND BAWN read it from cover to cover, including the advertisements. Copies are not tossed away or left on a car seat. They are loaned to friends—and sometimes borrowed by acquaintances, who forget to return them. Many have been bound in volumes.

It is a notable fact that our circulation, in less than eighteen months, should have become so widespread. A correspondent recently wrote:

I have received orders for my little book from the Hawaiian Islands, Jamaica, South Wales, and the Philippines, all referring to your magazine in which you printed a brief mention six months ago.

Besides the places named we have subscribers in Cuba, Panama, British Columbia, Canada, India, Mexico, Colombia, Tahiti, England, Ireland and Australia, in all fifteen foreign countries, in some of which we have subscribers at several places.

Another notable fact about our circulation is that subscribers "come back." More than two-thirds of those who subscribed during the first four months have voluntarily renewed. It is comparatively easy to get people to try a new magazine for a year, but when they send in a dollar for more, it shows that they are satisfied with the mental menu.

Our circulation is a live one. We carry no "deadheads." A subscription that is not renewed and paid in advance within thirty days of expiration is automatically stopped. Our complimentary and exchange lists are small. A moderate number of sample copies are mailed monthly, to carefully selected addresses.

Considering the fact that this magazine is published for those who think, and that, as Ruskin has said, "of those who can read not one in a hundred can think," I regard the showing so far made as most encouraging and as significant of what we may accomplish in the near future if our friends aid us in bringing BRAIN AND Brawn to the attention of more people who think, for such people need but to see to subscribe. We are yet quite young. You may aid our growth in several ways—by subscribing for a distant friend or acquaintance who would appreciate the magazine; by sending us names of any who might be interested; and by mentioning the magazine whenever opportunity offers. We ask this only of those who believe that BRAIN AND Brawn is doing good work, and is therefore deserving of support.

The New State Medical Law

AS these lines go to the printer (September 19) Governor Johnson has not yet appointed the State Board of Medical Examiners. The new law says "the Board shall be organized on or before the first Tuesday of September, 1913." Whether or not this delay knocks out the law, and whether we now have any medical law at all in California, is more than I can decide, for I am not a lawyer. The new law is full of holes. This latest development looks like a tunnel. As I said, before the law was signed: "It is a most voluminous and clumsily written document. The interpretation of some of its provisions will doubtless furnish profitable occupation to lawyers."

However, it contains good points, such as the provision for reciprocity, and for taking away licenses from unworthy practitioners. This last provision has, I am told, caused the San Francisco quacks to organize for its defeat.

The opinions in regard to the law, even among members of one school, are amusingly and amazingly different. Thus, the Journal of the American Medical Association warmly approved the law, while the California State Journal of Medicine referred to it as an "abortion." A California correspondent of the Journal of Osteopathy declared: "The profession out here is generally favorable to the law;" while in the following number of the same magazine the legislative committee of the American Osteopathic Association referred to the

bill as "positively vicious in its demoralizing and weakening influence upon the osteopathic profession."

Just before going to press I received the following letter, dated September 17, from Gov. Johnson, in reply to an inquiry from me, asking when he might be expected to appoint the Board:

Relying to your letter of September 15, asking when the new Medical Board will be appointed, I have to say that I hope within the next week to select the names. The selection of this Board has been the most difficult of any board that I have been required to appoint. The applicants have been so numerous and I may say protests too, that I have become exceedingly perplexed. I hope, however, to work the matter out very shortly.

Medical "Science"

THIS number is largely devoted to what some call medical "science." I do not ask you to believe what I say. I quote from broadminded members of the "regular" medical fraternity who have "arrived," and who, therefore, can afford to tell the truth.

The chief objects of medical "science" should be the alleviation of human suffering, the prevention of disease, the improvement of the health of the people, and the prolongation of human life. Has medical "science" accomplished this? Has it "made good?" Read and see.

I commend a careful perusal of this number to all those, medical as well as "lay," who are not too timid or too bigoted to think for themselves. There are a great many worthy physicians, as there are a great many worthy parsons, who are beginning to suspect that much of what they were taught in college "ain't so." Certainly the "regulars" and the "irregulars"—the "insurgents" or "dissenters"—cannot possibly all be right.

"Prove all things. Hold fast to that which is true."

Dress

DR. C. T. EWART of London, physician to an insane asylum, says women love to dress because they are slightly insane. How is this, ladies?

Statistics show that, next to dancing, love of dress is the chief incentive to prostitution.

On other pages you will find remarks on this subject that may interest you.

"I can read that little magazine in an hour and a half," said a friend. True. You can look at Cologne Cathedral in a second and a half, but it took 500 years to build.

Brooklets

A weak feature of modern society is that young folks want to begin where their parents left off.

* * *

It is bad enough for a man to be a boor. When he begins rather to pride himself on it, the time has arrived for drastic action.

* * *

There is much natural gas in the magazines. Instead of thirty cents a thousand producers get about thirty dollars.

* * *

"In the dim past of a quarter of a century back" writes a local reporter. Guess his age.

* * *

Business efficiency plans are admirable, while political and social efficiency plans are "socialistic fads." Strange.

* * *

Many sport swell autos who eat at free lunch counters and can't pay their bills.

* * *

The radical of today is the conservative of tomorrow.

* * *

Do not worry about "It might have been." Say "It may be."

* * *

An egg is not "full of meat." It contains 75 per cent. of water.

* * *

Virtue does not depend on income, but that is no argument against a living wage.

* * *

Humorous journals would starve if they depended on female patronage.

* * *

"Soft drinks" are much more harmful to the health than pure light wine or beer.

* * *

Not money, but the love of money, is a root of evil. Lack of money is also the cause of much misery.

* * *

It is almost as hard to escape your business as your belly.

* * *

An over-orderly woman is nearly as bad as a slattern.

* * *

Young people should not eat much tame wheat, or the will be sow-

* * *

In America there are too many poor tramps and not enough wealthy ones. Learn to loaf.

An Experience with Vaccination

(D)ONCE my belief in the Bible was scarcely stronger than in the efficacy of vaccination to protect from smallpox. Then I knew nothing of the many serious results following this blood poisoning process. For those who are in doubt as to where they stand on this matter, about which so many doctors disagree, I have a strong sympathy. Here is how my eyes were opened.

When our older daughter first went to school in Minneapolis she was sent home, with a note saying she must have a certificate of vaccination. We talked it over and said of course we wanted her protected, that it would not do to risk her having smallpox, now she was to be in school and so sent her to our physician to be sure that "pure" virus was used. About six or seven years later she again came home with the same instruction. We told her to say to her teacher that she had been vaccinated. Again she came home with a note saying she must be vaccinated again. Concluding that this was required on the theory that the system changes once in seven years, we again sent her to our physician to be vaccinated and on his certificate she was kept in school.

Four years later when away at a boarding school she was taken sick. It was first said to be scarlet fever but in a few days was declared smallpox. She had a "good case," was well covered with pustules though through good nursing (and no medicine) was not marked at all. When the scare at the school was over I wrote to ascertain if the other scholars, who also had smallpox, had been vaccinated. I was surprised to learn that every one had been vaccinated at least twice and from that to seven times not one having smallpox that had not been vaccinated. This partly opened my eyes. I began to read up on vaccination. I found that it not only did not prevent smallpox but often left very serious blood disorders and that death frequently followed where children had been perfectly healthy before. So when our younger girl was sent to school and came home with a note saying she must be vaccinated I took her out and kept her at home till the Minnesota state law was changed and no longer required vaccination as a precedent to school attendance.

When a child I was vaccinated. Soon after I and a younger brother both had diphtheria. He died of it. This disease often follows vaccination and is frequently fatal. In those days—50 years ago—they used "arm to arm" vaccination and the scab from my arm was used on children about the neighborhood. This method has long since been discarded as so many serious blood disorders were scattered. Today no doctor would be allowed to use this once common method.

A few years ago the people knew nothing of vaccination except what the doctors saw fit to tell them. As a matter of fact they knew little more than they were taught in medical schools, namely, that vaccination would prevent smallpox, or at least would cause it to be a very mild case. Now that it is known that the virus of vaccination comes from a sore on a sick calf and often does great harm, the people have learned to think and act for themselves, and many would much rather have smallpox than run the risk of vaccination. As for me, I would shoot the man who dared to vaccinate my child.

J. W. GRIGGS.

Los Angeles.

"Just Like Paying Rent"

ALLURING advertisements of enterprising real estate dealers tell you how, for a small sum down, and so much a month, you can soon own your own home "just like paying rent." This is somewhat misleading. Unless you are careful, you will find it is indeed "just like paying rent." If you start to buy a house and lot costing from \$2500 to \$4000 by paying a couple of hundred dollars down, and \$25 to \$40 a month—quite as much as a man of moderate means can afford—in addition to taxes, street improvements, insurance, and so forth, you will find that many years will roll over your head before you have paid off the principal of your indebtedness. Then you must always allow for loss of work and sickness. I am told that within the past year several hundred houses have been taken back by Los Angeles home building concerns, from people who were unable to keep up their payments.

To own a home is not cheaper than paying rent, but it has two advantages. First, it gives the satisfaction of being able to improve your own place, and second, if bought in a growing location, you have the benefit of the increased value of the land.

I took a trip recently with my friend H. T. Coffin, to a tract he is laying out just south of the city, on the Long Beach Boulevard. Here he seems to have solved the problem of homes for people of small means. He was so lucky—or rather so foresighted—as to buy, eight years ago, 320 acres of land at about one-fifth of its present value, so that he is able to offer small homes on small lots at less than \$1000, on very easy terms, that still permit of paying off the indebtedness within a few years.

I advise every head of a family to own a home, but I also advise him to be sure that he is going to be able to pay for it, because it is discouraging to have to give up a place after having put into it a lot of hard earned money.

Cost of Woman's Dress

THE Chicago Dressmakers' Club has decided that the average American woman spends annually on dress as follows: "A few, \$75,000. One hundred social leaders, \$50,000. Ten thousand others, \$5000. Well-dressed club women, \$1500. The suffragist, \$500. The church worker, \$500. The social worker, \$300. The stenographer, \$275. The shop girl, \$250. The factory girl, \$200."

Commenting on this sloop, I beg to remark that there are in the United States hundreds of thousands of refined, well-dressed women, who spend annually on their clothing less than the amount here allotted to factory girls—some of them much less.

Each Tub on Its Own Bottom

ALL schools of medicine must be permitted in this country to stand strictly on their merits. To legislate in behalf of any of them to the injury of the others would be intolerable. If bolstered up by the law a practitioner of the favored type would not have to rely thenceforth exclusively on his skill and might proceed to lower his standard of efficiency or to take other liberties with his legally established position.

Keep pills out of politics, that the national health and the national ideals of freedom may not suffer.—Chicago News.

The Germ Superstition

(H)F all the negative conditions the race is subject to, fear is the greatest. We are born cowards. Our mothers feared for us before we were born. We came into earth life with a wail of fear. All who had anything to do with us feared something evil would happen to us. They were afraid we would "catch" cold, or the measles, or whooping cough, or diphtheria, or die of "summer complaint." Somebody feared all the time that we would get scalded or frozen, or fall out of bed, or down stairs, or into the well.

When we were old enough to be afraid we feared our parents, our teachers, the minister, the dark, the devil, and even feared God, whom St. John says is Love. Later, we were afraid of failure in business, of fire, afraid the election would start some one to tinkering with the tariff or our blessed money system. We were afraid on land or sea, or of fire and water, cold and heat, wind and hail, lightning and cyclone, earthquake and tidal wave, and yet we wonder why there are so many sick people.

The silliest of all fears is the fear of microbes. We laugh at the elephant because it fears a mouse, but the ignorance of the elephant in that respect is pure wisdom when compared with man's fear of contagious diseases, and his senseless efforts to "stamp them out" by quarantine, disinfectants, germicides, lymphs and serums. We constantly hear parents commanding children to wrap up in warm clothing during cold or stormy weather in order that they may not "catch" grippe or diphtheria, as though a microbe cares a flip how you are clothed. Some noted person goes for a month with his colon clogged with half-digested food all around from the caecum valve to the sigmoid flexure. The doctors dose him with seventeen varieties of drugs and mixed drinks, any one of which would make a healthy person sick unto death, and the patient dies "in spite of the very best medical attendance." The relatives, the people, the press, demand a Name for the disease. A Name! A Name! My kingdom for a Name! So the doctors say grippe or influenza, or typhoid, or appendicitis, and everyone is satisfied that the patient died in a perfectly regular, orderly and proper manner.

The public doesn't know that influenza means to flow out, that catarrh means to drop down, that grippe means to catch on, that typhoid means stupor, that fever means to boil out, that diphtheria means membrane, and that appendicitis means an inflamed vermiform appendix caused by constipation or overeating. The dear fool public wants to know precious little about the operation of the chemistry of life going on in their own organisms.

Germs, microbes, bacilli, or infinitesimal organisms are found in any decaying, fermenting organic matter. These micro-organisms are not a new discovery. They are a product, a result of disease. All disintegrating vegetable or animal tissue swarms with microbes or minute forms of life. The process of metamorphosis by which elements in materialized form are dematerialized—reduced or resolved into essence again—produces the germs that have so frightened foolish people.

These germs are found in the exudations from any orifice, or outlet of the body, while the patient is in the best of health, but the microphobist or bacteriologist never thinks of looking for his little pet devil unless it be in the exudations of a "dangerous case," and then the germ gets a Latin name and becomes illustrious.

Medical Fads

HN the first page of the Journal of the American Medical Association of August 9 was an article by Dr. Joseph Zeisler, Professor of Dermatology in the Northwestern University Medical School, in which he declared that Americans in general are faddists, and that American medical men simply swim with the current. Our fads he says "show a very short life, and a continuous change," and we are "strongly inclined to cultivate certain fads just when they are about to be discarded by Europeans." Among such fads he mentions extirpation of the ovaries and the appendix, use of the Roentgen rays, the injection of all sorts of serums, and so-called vaccines or bacterines for such ailments as vertigo, hay fever, rheumatism, sciatica, appendicitis, and gall stones, and injections of paraffin for the relief of cosmetic defects, which he declares have done irreparable harm. Dr. Zeisler adds:

"We are living in a period today when the pathologic laboratory has become indispensable to us in our daily work, but we should not use it for the pursuit of fads; we should not forget that, after all, the laboratory should be our aid, our assistant, not to say our servant, and not our master. Clinical knowledge is in danger of becoming neglected in favor of laboratory methods. The two must work together if we are to perform our work successfully."

The Blacksmith and His Hammer

FOLLOWING is from pages 198-9 of "Science and Health With Key to the Scriptures," by Mary Baker G. Eddy, two hundred and thirty-seventh thousand, published by Joseph Armstrong, 95 Falmouth St., Boston, 1902; copyright by Mary Baker G. Eddy, all rights reserved.

"Because the muscles of the blacksmith's arm are strongly developed, it does not follow that exercise has produced this result, or that a less-used arm must be weak. If matter were the cause of action, and muscles, without the co-operation of mortal mind, could lift the hammer and strike the anvil, it might be thought true that hammering would enlarge the muscles. The trip-hammer is not increased in size by exercise. Why not, since muscles are as material as wood and iron? Because nobody believes that mind is producing that result on the hammer."

Schools for Gambling

PRINCE ALBERT, of Monaco, who draws \$500,000 a year from Monte Carlo, but does not gamble, was shocked at the dice gaming on cigar counters in Chicago. He is reported as saying:

"Those little dice games take money away from the homes where it is needed. I think the percentage is too much in favor of the house in these dice games. I know the game and I don't believe in it."

In Los Angeles, where the police are active and alert in raiding white poker games, and yellow fan tan games, the shaking of dice goes merrily forward at almost every street corner—for almost every street corner in Los Angeles that is not a bank is a cigar store. A man may easily lose a week's wages in less than an hour at one of these places, which the city government has refused to forbid, although it is only fair to add that the citizens endorsed this gambling several years ago by their votes—or by their failure to vote.

Sugar and Boy Babies

ACCORDING to a London dispatch, a baby born to the Duchess of Roxburgh is a boy, principally because the mother, who was Miss May Goelet, of New York, ate no food containing sugar for months before his birth. Several years ago the Duchess went to Vienna, and consulted Dr. Leopold Schenck, a great scientist, who makes a specialty of guessing on the sex of unborn children. In this he has a soft snap, because if the child is not a girl it is almost sure to be a boy. If he guesses right, he can say he "done" it, and if he fails, the mother probably did not carry out his instructions.

I cannot guarantee my woman readers that if they will give up sugar during pregnancy they will give birth to a male child, but I do promise them that both they and the child will be healthier than if they indulged in this harmful food substance, cane sugar, instead of eating freely of fruits containing grape sugar.

Perhaps the eminent Austrian physician cleverly induced the Duchess to refrain from sugar with a bribe, just as children are sometimes induced to give up candy by the offer of a much desired toy.

A "Scientific" Serum

AT the meeting of the Medical Association of Georgia, at Rome, Ga., April 10-21, 1911, Dr. Turck, of Chicago, called attention to a "serum" that is indeed a gem. He stated that his serum may be employed in intestinal disease with benefit. It is produced by taking strains of colon bacilli (a germ found in the intestines of man and certain lower animals); the cultures are injected in a dead fetal pig and grown in a serum pressed from it.

We ask if medicine, in its most insane moments, ever produced a remedy so indefensible as a serum pressed from the carcass of a fetal pig? Remember, such remedy was advanced by a medical man at a medical convention, and brought forth no criticism from the exponents of scientific medicine there present.—*Health Culture*.

In other words, scrapings from the filthiest part of the human body, transferred to the dead and decaying unborn young of the filthiest animal known, and then used to squirt into the blood of a human being.

The Montessori System in Los Angeles

AMONTESSORI school, the first in California, and one of the first in the country, will be opened in Los Angeles this month, in one of the west-end schools. Another will be opened later at the Seventh Street School in the afternoon. Miss Katherine Moore, formerly a kindergarten teacher of Los Angeles, who has returned from Rome with a diploma from Dr. Marie Montessori's school, will have charge.

The keynote of the system is individualism, the Montessori method insisting upon individual instead of class teaching, also upon the child, rather than the teacher, taking the initiative, whether in work or play. The teacher presents the lesson; the child works it out for himself.

In other words, the Montessori system is like scattering food for chickens to pick up, instead of cramming them. The mental difference is about the same as the physical difference between a healthy young bantam rooster, and a Strasburg goose with an enlarged liver.

Diphtheria Anti-Toxin

ANTI-TOXIN does not cure diphtheria. Like the manufacture of other serums it is a commercial enterprise that pours millions and millions into the coffers of the National Drug Company. Its use is encouraged by garbled statistics, every case of suspected diphtheria or of diphtheritic sore throat now being reported as diphtheria. With a few old horses the manufacturers of this stuff can get enough serum to infect all the boys and girls in the United States. It is more profitable than a gold mine.

Perhaps you doubt what I say. Or may even disbelieve what I say about diphtheria anti-toxin. Well then, let me refer you to the highest medical authority in the United States—to the Journal of the American Medical Association, the Bible of the serum-injecting school. That publication recently said:

"Our present methods of prevention of diphtheria are admittedly far from satisfactory. . . . The use of diphtheria anti-toxin for preventive purposes is not a practical success, because the anti-toxin is eliminated too rapidly."

And this after we have been told for years that diphtheria had been entirely conquered by medical "science."

Unwholesome Dances

JN the September number I had something to say about unwholesome society dances. Here is an opinion on the subject by a woman of the world, Lady Anne Saville, better known as the Princess Lowenstein-Wertheimer, of Paris:

"I never saw such dancing in my life as I have seen in this country. It is disgraceful, the manner in which they are dancing here. It is not only vulgar, but it is killing to the girls. They are at it day and night, and if they keep up this terrible style of dancing—those new tangoes and such—they will not have any figures. It is destroying their health, and I might say their morals as well.

"If they continue they will be moral and physical wrecks. I can say that I think popular dances that I have seen are nothing more than a distortion of good taste that will ruin the moral sense. If they keep this up the American girls will fall into ill-fame abroad. I think the government should have a censor for those dances or have them under some supervision or control."

The Omnipresent Automobile

JDO not doubt that the city people have by now become accustomed to dodging for their lives to avoid automobiles. But our condition in the suburbs is pitiful. In former times it was a pleasure to jog along country roads on Sundays in a buggy or to go for a long walk. Now we do so in fear of our lives. It is a menace, no longer a joy. Also, the automobiles cut up the roads, fill our nostrils and houses with dust, pollute the sweet air with the reek of gasoline, deafen and scare us with their horn blasts that shatter the rural quiet, and also murder our pet dogs and other innocent livestock. To make it worse, most of these automobilists do not live in the districts they injure and defile. They are strangers passing through and wrecking the roads whose repair must come out of our taxes. Is there no redress, readers? I am just recovering from a broken arm caused by an automobile running me down.—*Exchange*.

Going Barefoot

J RECEIVED the following from Tell Berggren, who runs a most interesting and attractive open air health resort at Coronado Beach, San Diego. He was formerly medical instructor at McFadden's health institute in New York:

"I recently came across an article in which the writer warned against coming in contact with the earth, because in that way we should lose magnetism. This idea caused me much surprise, when I remembered the great number of cases of improved health following contact with the earth that I have observed in Nature Cure institutes in this country, as well as Europe, and especially at the open air institute I am now conducting, of which there should be at least a dozen in Southern California, and will be when people value their health as much as their business. Meantime, I say to all: Go barefoot whenever you have a chance. You will find it wonderfully soothing to the nerves and headaches will disappear as if by magic. Above all, let the children run barefoot as much as possible."

Freedom for Feminine Legs

THE truth is that the free mind has made inevitable the free ankle. Our girls are no longer content to be tied up like bales of cotton. They have learned the use of their legs on the bicycle, on horseback and in the hockey field. The masculine leg is not a veiled mystery. Why should the feminine leg be regarded as a dreadful secret dedicated to the allurements of the ballet? After all, our girls may not be quite so bold and quite so bad as we, in our flaming innocence, imagine. Perhaps they are right in assaulting the stupid tyranny of sex. Perhaps they are wise in forcing us to bear the shattering revelation that the end justifies the means. Perhaps they are doing a great and noble deed in delivering us from the delusion that the less we see of them the better. There is no doubt that they are rapidly emerging from the chrysalis of convention. They are asserting their right to be human beings and not bundles of obedient duplicity. They are shedding their self-consciousness as well as their clothes. The sooner we shed our self-consciousness the better.—London Opinion.

The Burden of Big Muscles

JN the August number, under the heading "Pure Blood Better Than Big Muscles," I said: "Big bunches of muscles are not only disfiguring, but they are dangerous, because they are developed at the expense of the heart, and when you have accustomed the heart to work for these 'superfluous organs,' you must keep it up, or suffer the consequences. You have saddled yourself with an Old Man of the Sea, and must do his bidding. That is why so many athletes 'pictures of health,' die young."

This statement is verified by Jack London—himself something of an athlete—in his story, the "Valley of the Moon," running as a serial in an eastern magazine. Referring to a football player, he writes:

"Training was a matter of habit to both men. Hazzard, when he had finished with seven years of football, knowing the dire death that awaits the big muscled athlete who ceases training abruptly, had been compelled to keep it up."

Meatless Dishes—Rice Fritters

FRIED foods are not commendable, from a health point of view, but many people will occasionally eat fried food, for the sake of the savory flavor, so here is one. In frying, only vegetable oil should, of course, be used. For this purpose cottonseed is better than olive oil, because the latter burns at a lower temperature.

Boil one quart of milk, thicken with ground rice or farina; when quite stiff, add one-fourth pound of butter, one grated onion, and let all cook together for five minutes. Pour into dish to stiffen, and when cold, cut into slices, roll in egg and bread crumbs; fry in oil. Serve with parsley sauce.

Piles and Infantile Paralysis

JWILL, for a self-addressed, stamped envelope for return postage, send full printed instructions for the absorptive treatment, for piles, that has never failed to bring the right answer, to all who write for it, gratis. I will also give information regarding the treatment for "Infantile Paralysis," just now attracting attention in California, which will discover the factor in its transmission and show any observing doctor the premonitory symptoms in sufficient time to forestall the crisis and pull the last support from under the "germ theory" in this supposed mysterious malady.—B. H. Jones, N.D., 516 Federal St., Pittsburgh, Pa.

Health Advice by Mail

AS editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of BRAIN AND Brawn, it has been my privilege to give dietetic and other advice by mail to hundreds of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydropathy are valuable, and sometimes indispensable means of aiding nature. Any honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. "As a man eateth so is he."

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

I perform no miracles. I promise no cure. Nobody ever cured anybody. Whoever says he can cure anybody is a fool or a knave. Nature alone cures. All I do is to point out the way.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of hygienic home treatment.

Harry Ellington Brook n.d.

Mail Address, P. O. Box 612, Los Angeles, California.

Vox Populi

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

MARIE ANTOINETTE AND THE CAKES.

I notice you referred last month to that oft-repeated and generally believed story about Marie Antoinette—how, when told the people had no bread, she asked "Why don't they eat cake?" The historical fact is that the cakes, or "gateaux," referred to, were of the coarsest kind of dark meal, used only by the very poor, although at that time even the rich did not eat such emasculated bleached flour as we use. Please publish this, in justice to the memory of the beautiful and unfortunate Marie.—Mary Richards Gray, Los Angeles.

CONFLICTING "AUTHORITIES."

Bacon said: "Reading maketh a full man," but he evidently didn't refer to health journals, unless he meant that they would drive one to drink. If a man followed all the advice in these journals, instead of being full, he would be so empty his frame would rattle together when he walked, like a load of milk cans in a runaway.—G. S. Cooke, Huron, O.

WE SHALL STAND PAT.

I enclose \$20 for twenty shares of stock. I would much rather lose this \$20 bill, and more of them that I have left, rather than see BRAIN AND BRAWN sacrifice its principles, or even deviate a hair's breadth from those principles. All friends of Truth should pull together to make it a grand success.—Walter Henry Holman, Vernon, British Columbia.

HARD TO CONVERT.

It is a continual surprise to see how people resent any suggestions about "eating right." When I tell my friends some of your simplest truths, they think it beyond them. The old way of living and the doctor to come at once, are sufficient for them.—Mrs. Thomas M. Anderson, Mt. Vernon, Ohio.

NEED MENTAL NURSING.

You must not forget that most persons are short of understanding. They cannot assimilate strong brain pabulum, and need nursing along as if they were babes. You must arrange your words of wisdom so as to extend from the ignoramuses upward, not from your own brain downward. People have become so extensively devoted to amusement now-a-days that they seldom read unless it is for amusement.—C. W. Dayton, Owensmouth, Los Angeles County, Cal.

BEST IN AMERICA.

The people need the civilizing influence of your 'stuff.' You are making the best health journal in America, and with your ability as a writer on health topics, and the right kind of outside push, the magazine should easily reach a large circulation within a short time.—Zack Shed, Denver.

AHEAD OF FIRST CLASS MAIL.

BRAIN AND Brawn for September has just reached me and, as usual, it commanded first attention, not alone before other publications, but before I looked over my mail. It has so many good things that are helpful that I think every doctor, whatever his school, could find some excellent food for thought.—B. H. Jones, N.D., 516 Federal St., Pittsburgh, Pa.

AN UNSOLICITED TESTIMONIAL.

I take pleasure in enclosing a check in payment of the letter of advice for my friend Mr. Kavanaugh, and sincerely hope and feel sure his letter will be as beneficial to him, as mine was to me. Every day, as I get farther and farther away from the desperate condition in which I was when I wrote you, and receive the congratulations of some friend who knew how ill I was, and thought I was still confined to my home, dragging out a miserable existence, which was likely to come to an end at any time, and now finds me enjoying complete health, I realize how fortunate I was when I was led to write to you for advice, through reading an article in the "Care of the Body" department of the Times, which you were then editing. My doctors (who had worked honestly and conscientiously and whose efforts I appreciate, although they were unsuccessful) were unable to do anything further for me, when I wrote you. The advice on diet and general rules of health conveyed in your letter have not only restored my health, but I find myself more vigorous both physically and mentally than before I became ill.—Frank J. Hart, President Southern California Music Company, Los Angeles.

To Advertisers Who Think

WISE advertisers recognize the value of quality as well as quantity. A very large purchaser of advertising space was recently quoted in Harper's Weekly as saying: "Mere circulation without a definite value, although usually advanced as a chief argument, means nothing. Magazines deservedly held in highest regard produce most sure and profitable results."

I would not recommend you to advertise drugs or hog products here, but if you have a good thing that appeals to our class of thrifty people who think, an advertisement will yield profit if you give it a fair trial—say for not less than three months. Readers go through this magazine every month "from kiver to kiver."

Our advertisements are carefully censored. Readers know we accept nothing "off color." This makes space more valuable. Any intelligent man is willing to pay more for a residence lot with restrictions, than for one where he may have a laundry on one side and a sawmill on the other.

If you wish, I will write your advertisement, without extra charge. Some of my friends are kind enough to say that I am no "slouch" of a writer. And I have had thirty-seven years' experience in California, so I know my people. Otherwise, our advertising manager, Ralph Lanehart, will cheerfully furnish you with full particulars.

Our address is 508 Chamber of Commerce Building, Los Angeles. Telephone (Sunset) Main 5364.

HARRY ELLINGTON BROOK.

Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

LOS ANGELES.

J. H. T.—The nearest way to pronounce Los Angeles, for those who are not familiar with the Spanish language, is "Los Ang-hel-ess," with the accent on the first syllable. There are people who shorten it to "Los," just as there are others who outrage San Francisco by calling it Frisco. There should be no closed season for such barbarians.

BRIGHT'S DISEASE.

R. W.—Bright's Disease is named after a British physician, although, of course, it is not a new disease. In all ages like conditions have produced like effects.

This is a disease of overworked kidneys, due to errors in diet, particularly to the consumption of too much proteid food. Like many others, it really originates in the stomach, and can, therefore, only be cured by carefully regulating the diet.

FRUIT.

This is a big fruit belt here, and I have noticed, upon myself, that when eating a large quantity of ripe cherries or apricots they seem to cause much gas in the bowels. Have also heard other people remark on this fact. Is there something in these two fruits that is different from most others, that they should cause gas; or what is the reason for this? Is one liable to eat too much of these fruits (or any fruit, for that matter) if he eats all he cares to?—E. H.

You may, of course, easily get gas from eating too much of any fruit. Yes, of course, you may eat too much, if you eat "all you care to," for you will surely not stop before you have eaten more than you can properly digest. If you eat like a hog, you must expect to get something like hog cholera. Another thing, fruit should never be eaten with any other food, except nuts. Raw tomatoes and ripe olives are, of course, fruits. Much gastric disturbance is caused by eating acid fruits and starch at the same meal, or near together.

Have You a Friend?

WHAT more appropriate and useful souvenir could you buy him, for a dollar, than a subscription to BRAIN AND Brawn? It will remind him of you every month, for a year, and it will do him good.

Or, perhaps, you are so fortunate as to have six friends. In that case you may present each with a year's subscription for five dollars. Send us the "dough" and we will do the rest.

BRAIN AND Brawn, Chamber of Commerce Building,
Los Angeles.

The Printed Page

THE GIRL OF SIXTY; booklet; Madam de Savon, published by the author, 1501 Georgia St., Los Angeles.

The author aims to tell how to preserve a youthful appearance by physical, mental and moral methods. She gives some formulas of toilet preparations.

THE FAMILY BEAUTIFUL; booklet; Janet S. Kroeck, published by the author, 2382 W. 23rd St., Los Angeles; price 50c. Following are the titles of the four chapters:

"An Idealization of Motherhood," "The Ennoblement of Fatherhood," "The Uplift of Childhood," "Peace That Passeth Understanding." Referring to the responsibilities of parents, the author correctly says: "Ignorance is not innocence; and innocence is never safe in the hands of ignorance."

THE NEW COOKERY; Lenna Frances Cooper; 300 pp., illustrated; The Good Health Publishing Company, Battle Creek, Mich. This, like all other literature issued by the Battle Creek people, is handsomely printed and illustrated. Almost all the recipes contain either salt or cane sugar, and at least one—coldslaw—contains both. This is rather surprising to me, considering that in his "Household Manual" Dr. Kellogg printed one of the best arguments against the use of salt that I have ever read.

Again, under the head of "Balanced Menus," the book publishes such very bad combinations as oranges and hominy, strawberries and mush, and grapefruit and rice flakes. I supposed that all students of health now-a-days, were aware of the fact that a mixture of acid fruit and starches is one of the worst combinations that can possibly be put into the human stomach.

The trouble with most of the vegetarian dietaries is that they consist altogether too much of mixed and messed up starches and sweets, leading to fermentation in the stomach, and are lacking in savories, so that they soon cloy and disgust. Most vegetarians seem to think that if they drop meat from the dietary they have done all that is necessary; whereas, a meal of broiled steak and a salad is much more wholesome than one of the average vegetarian meals of cooked food, not that meat is at all necessary. For one American who is injured by meat poisoning, a hundred are injured by starch poisoning.

By using intelligent discrimination you may select from this volume a number of appetizing and wholesome dishes. The ideal hygienic cook book has yet to be written.

LIFE AND PERFECT HEALTH; Alpha Jefferson; 84 pp.; published by the author, Dept. 1, Lincoln, Cal., \$1.00.

Here is another writer who, while attaching great importance to mental processes, such as affirmations and faith, does not ignore the body, or fall into the absurdity of claiming that "all is mind." In this book, (which is No. 1 of a series to be completed in 10 parts,) Mr. Jefferson, after discussing faith and fear, and other mental influences, takes up the subject of "physical aids," among which he includes water, fasting, diet, breathing, exercise, and rest. He warns his readers to beware of drugs and quotes Herbert Spencer, who said: "If there were no eating without hunger, or no drinking without thirst, then would the system be but seldom out of working order."

The book is impregnated with religious sentiment.

Brain and Brawn Ballads

MARTIN'S MENU

An eater light was Martin Wright
 (At least that's what he said)
 You'll see it in a different light
 When these lines you have read.

Our hero ate but thrice a day,
 Except that late at night
 He regularly stowed away
 What Martin called a "bite."

A sample of one of Martin's light breakfasts would be something like this: Grape fruit with lots of sugar; oatmeal mush, with cream and sugar; buckwheat cakes with maple syrup and butter; fried eggs with pork sausage; and two cups of coffee, well sweetened.

In spite of this—or shall I say
 In consequence thereof?
 Mat bragged he never missed a day,
 Or even had a cough.

'Tis true that Martin had some stiffness in the joints. Although only 43 he admitted being "not so young as he used to was." Also, his breath was bad—what there was of it, for it was also short. And then, come to think of it, yes, he had to admit a slight touch of "the asmy."

One day when Matt was feeling mean,
 And anything but bright,
 He chanced to read this magazine,
 And there he saw a light.

For six months naught did Martin eat
 But fruit and nuts and corn,
 Soon life to him was doubly sweet,
 His body was re-born.

He eats more freely since his cure,
 Although his food is plain,
 He'll ne'er return, you may be sure,
 To his swine stall again.

The moral of this little jingle is that most "civilized" people now-a-days do not really know what vigorous, buoyant, redundant health is. If they are able to keep out of bed and avoid an operation they think they are well.

For further particulars read BRAIN AND BAWN regularly.

Among the Healers.

[Brief items of interest for this department, such as changes of address, firms, etc., are solicited. They should be received by the fifteenth of the month. Address letters to the editor.]

The regular annual meeting of the Association of Naturopaths of California will be held at the office of the Naturopathic Publishing Co., 508 Chamber of Commerce Building, Los Angeles, on Saturday, October 11, 1913, at 2 p.m., for the purpose of electing officers and directors for the ensuing year, and other business. Members who have not already done so, should inform the secretary at once whether they can attend this meeting. If not, let them nominate their candidates and mail a proxy to some official, without fail.

Matters pertaining to the future welfare of the Association will be taken up, also propositions regarding representation of the Association on the State Medical Board; therefore, it is most important that members attend in person.

A paper on "Hydrotherapy" will be read by Dr. Carl Schultz, and there may be other papers.

B. Lieber, M.D., editor of "Unser Gesund" (Our Health), a Yiddish monthly published in Detroit, read an interesting and instructive paper on "School Hygiene and the Home" at the Fourth International Congress on School Hygiene in Buffalo, New York. In his paper he scored the irrational fear of disease.

The fall term of the Davis College of Neuropathy, began on September 8. There is a postgraduate course for physicians. Write for pamphlet.

Following Los Angeles osteopaths were visitors at the August National Osteopathic Convention in Kirksville, Mo.: Louisa Burns, H. W. Forbes, Dane L. Tasker and C. L. Whiting.

Dr. Tell Berggren and wife, of Coronado, were welcome visitors at BRAIN AND BAWN office last month.

Dr. Margaret Goettler, of Pasadena, is a practical lecturer, and has met with much success in that field.

The Business Office

BRAIN AND Brawn may be found at the following public libraries:

California: Los Angeles, San Bernardino, Riverside, Ventura, Santa Monica.

Arizona: Phoenix, Tucson.

Also at the Metaphysical Circulating Library, 910 Black Bldg., Los Angeles.

In future the trade will be supplied with copies of BRAIN AND Brawn through Dunlap & Haines, publishers' agents, 325 E. 6th St. Telephone (Home) A 5492.

Don't forget to look over that list of good books on health, and back numbers of the magazine. There is a world of most valuable information condensed in those pages.

BRAIN AND Brawn has arranged to club with the Nautilus at the rate of \$1.70 for the two magazines. This is only 20c a year more than the subscription price of the Nautilus.

Our Advertisers

[NOTE:—Only approved advertisements will be inserted in this magazine. No advertisements of drugs, fake remedies, or off-color doctors accepted at any price. This will keep out some people, but it will make advertising space of more value to those who come in. Any complaints about advertisers whose notices appear in these columns will receive immediate attention from the publishers. If desired, advertisements will be written by the editor without extra charge. Copy should be received not later than the 17th of the month.]

FILTER AND COOLER.

There are between six and seven thousand "Percolators" in use in Los Angeles, showing how much this device is appreciated. Have you one?

BY THE SEA.

The business of the Long Beach Sanatorium keeps pace with the growth of that prosperous seaside city. It is a down-to-date establishment.

REST IN THE FOOTHILLS.

For rest, with every worthwhile aid to health, the Caldwell foothill establishment near Pasadena is ideal.

HYGIENIC T. BANDAGE.

The attention of men is directed to the advertisement of the Hygienic T. Bandage, a simple, yet effective means of restoring vitality. It is also useful in pelvic ailments of females.

NIGHT.

The cricket thrills; the beetle booms;
The mole heaves at its mound:
Pale moths come forth like ghosts of blooms;

The firefly goes its round.
The eve puts off her gown of gold,
And for a moment stands
Before her couch, a lamp of old,
The new moon, in her hands,
Oh, heart, go follow where it gleams,
And find again your world of dreams.

The life that wakes at dark comes out:

The spider nimbly weaves;
The bat flits silently about;
The drowsy owlet grieves.
The Night goes stealing to her tryst,
Breathing a fragrant sigh;
One jewel from her starry wrist
Drops down the quiet sky.
Heart, let it be a sign to you
Of love behind the bending blue.

—From a poem by Madison Cawein.

HIS LIMIT.

A farmer in great need of extra hands at haying time finally asked Si Warren, who was accounted the town fool, if he could help him out.

"What'll ye pay?" asked Si.
"I'll pay what you're worth," answered the farmer.

Si scratched his head a minute, then announced decisively:

"I'll be durned if I'll work fer that!"—Everybody's.

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We want everywhere responsible agents—male or female, young, old or middle-aged—to act as subscription agents for this magazine. Liberal commission paid. You may break the eight-hour law every day, including Sunday, or you may work an hour once a week, just as you please. It is an easy and pleasant way of earning money, not like peddling, as the magazine practically sells itself—that is to say, among those who can think even a little. And while you are earning money you will be doing good, a rather rare combination.

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—Harry Brook, in Brain and Brawn.

Address: A Stuffed Club, Denver, Colorado

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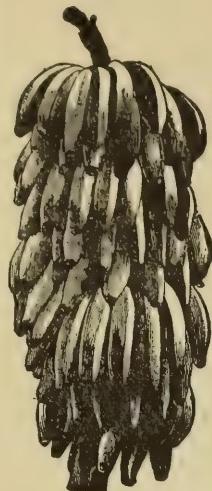
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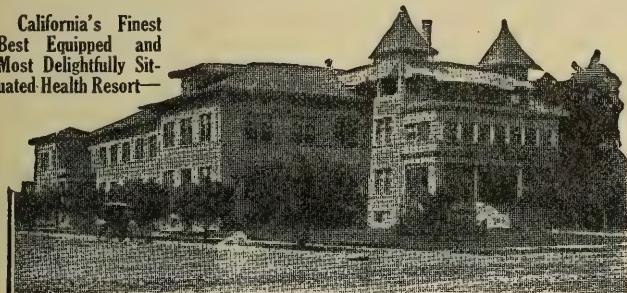
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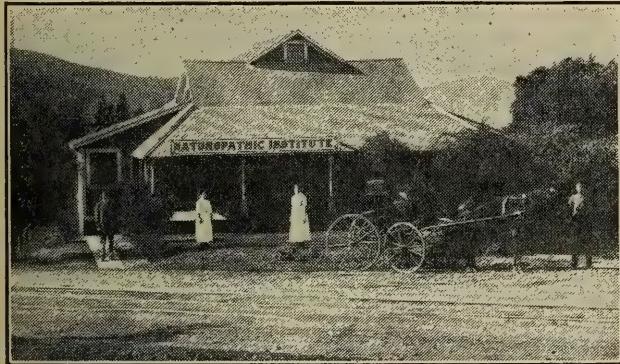


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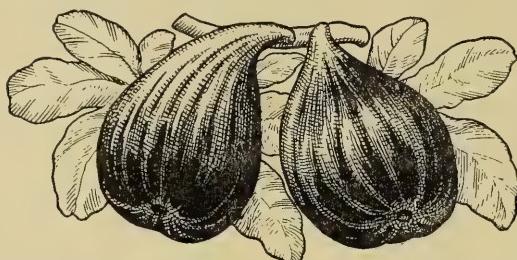
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BRAIN AND BAWN

THIS magazine is devoted mainly to the following purposes:

The instruction of the people in regard to the Nature Cure, or drugless method of healing disease, including such natural aids to nature as diet, exercise, fresh air, spinal manipulation (osteopathy, chiropractic, etc.), massage, hydropathy, and mental suggestion.

The combating of medical errors and crimes, such as the poisoning of the blood with filthy animal virus, the absurd exaggerations of the germ theory, the suppression of symptoms instead of removing the cause of disease, the scaring of the people with false ideas in regard to infection and useless quarantines, drugging, vivisection, and unnecessary surgical operations.

Medical as well as religious and political freedom. The right of every man to choose his own physician as he chooses his own priest—or goes without one.

Education of the people in regard to the laws of health, and the cause of disease, especially in regard to diet.

Advocacy of pure food, and descriptions of adulterations.

Exposure of heartless and scoundrelly quacks, both "regular" and irregular, who prey upon the sufferings of poor humanity, not even attempting to cure diseases they are powerless to cure, so long as the victim has money.

Information regarding fake remedies that never have, could or would cure disease, but only serve to deplete the purse of the patient.

Eugenics, or the right of a woman to control her own body—to say when and under what conditions she shall conceive—and the right of the child to be well born.

The humane treatment of children and animals.

The establishment of universal peace, with honor.

The "back to the land" idea, showing the advantages of a "little land well tilled," to furnish small productive homes to those now dependent on precarious wages in our congested cities.

The simple life and the uplift of humanity.

Our health platform is as follows:

1. Disease is an effort of nature to remove poisonous or morbid matter from the system, and to restore normal conditions.

2. Drugs taken into the stomach, and filthy animal matter injected into the blood interfere with these healing processes of nature, suppressing symptoms of disease, while never effecting a cure.

3. The germ theory is a superstition. Germs are not the cause but an effect of disease, just as maggots are not the cause of rotting meat. Many germs are not only harmless, but are beneficial and necessary. At any time you may find in the throats of many people who will never get those diseases, the germs of diphtheria, cholera, tuberculosis, and other so-called "infectious" diseases.

4. There is no such thing as "infection" or "contagion," as generally understood. Skin diseases or blood diseases may be passed from one person to another by direct contact, where there is an abrasion of the skin. Therefore, all quarantine is useless annoyance.

5. There are no superfluous organs. A great majority of surgical operations performed now-a-days are not only unnecessary, but dangerous and harmful, and should be forbidden by law.

6. There are rational means of aiding nature to purify the system and restore health. Among these are diet, fasting, active and passive exercise, hydrotherapy, the adjustment of the spine, (osteopathy, chiropractic, etc.), deep breathing of fresh air, sun and air baths, rest, sleep and mental suggestion.

7. Next to air, food is the most vital of all subjects relating to the care of the body. Food is the material of which the body is formed. You cannot make a good suit of clothes out of bad wool. As a man eateth so is he.

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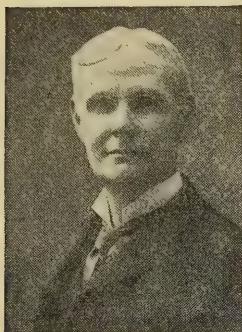
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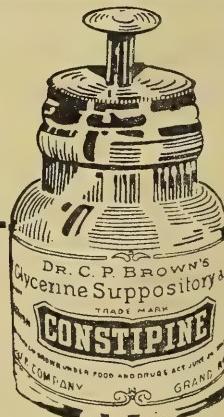
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Brain and Brawn

NOVEMBER, 1913

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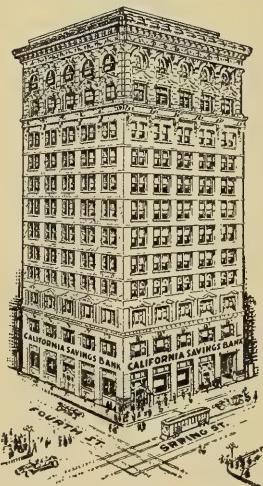
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Vol. II

LOS ANGELES, NOVEMBER, 1913

No. 6

Hydrotherapy or the Water Cure*

BY CARL SCHULTZ, N. D.; D. C.; M. D.

OF the many therapeutic agencies of the Naturopathic school I claim that hydrotherapy is the most important, for the following reasons: First: Water can be had for the asking in almost any place. Second: It is the most effective of all natural therapeutic agencies. Third: It can be used in one form or another, in all ailments and diseases.

Of course hydrotherapy is not a "cure all." It often has to be used in connection with other natural remedies, and must be used with common sense. This is one reason why it has become so popular with the laity, especially in Germany, while it is not popular with physicians. The reasons why hydrotherapy is not practiced by all physicians are several, mostly selfish ones. I am sorry to add that many Naturopathic physicians have abandoned hydrotherapy. Sometimes the physician has not money enough, or thinks he has not money enough, to equip his treatment rooms with suitable arrangements and appliances. Expensive equipments are not necessary. Father Kneipp for many years used a common sprinkling can, with the sprinkler taken off, and a washtub. An ordinary bathtub, a washtub, a sprinkling can, and a lounge or massage table, blankets and sheets, will suffice in many cases, and have served me well for many years. Fine equipment does not make a physician.

Another reason for not practicing hydrotherapy is that a majority of physicians think it beneath their dignity to use water. As if anything that will help a patient could be beneath the dignity of any physician, no matter what his name or school may be. What the leading physicians of the continent of Europe think of hydrotherapy is shown by the fact that it is not only taught in every medical college, but in most of them special independent chairs of hydrotherapy have been established. I am sorry that this is not the case in America, where even trained nurses have little or no training in the use of water. Often I have found it necessary, not only to instruct the nurse in the practical use of water, but to do most of the work myself. All that nurses seem to know is, how to administer drugs, give hypodermics, and take the pulse and temperature—that is, unless one has a nurse who has been trained in a naturopathic institute, or in one of the Battle Creek sanatoria.

*Outline of a paper read by Dr. Schultz at the annual meeting of the Association of Naturopathic Physicians of California, in Los Angeles, on October 11, 1913.

Prof. Wilhelm Winternitz, of Vienna, in my opinion, has done more to make hydrotherapy acceptable to the profession than any other writer. His books and writings have convinced the profession that hydrotherapy was a most powerful healing agent in the hands of a well-trained and honest physician. What Father Kneipp did for the people, Winternitz has done for the profession.

Father Kneipp, whose books have been translated into thirty-two languages, has surely done more than any man to popularize the water cure. Many a physician has sat at his feet and has learned from him the first principles of hydrotherapy. I mention this because it seems to be the tendency of many of the profession to belittle the work of this great master. "Honor to whom honor is due."

Some physicians have endeavored to restrict the use of the term "hydrotherapy" to the employment of cold water alone. This is a mistake that could only be made by those who have not studied this subject thoroughly. Hydrotherapy includes the application of water in any form, from solid and fluid to vapor; from ice to steam, internally and externally.

I will not here go into a discussion of internal treatment by water, but take for my subject its thermic and mechanical action upon the cutaneous surfaces of the body. The skin has three main functions to perform: First, it is an organ of sense; second, an organ of excretion; third, a heat regulator. The third function is the most important, when considered in connection with hydrotherapy. The importance of the skin as an organ of excretion has been recognized since the time of Galen. Suppression of the perspiration is a menace to health. The extensive glandular structure of the skin discharges an enormous amount of water. Carbonic acid also is exhaled through the skin, and even urea, the latter more frequently and copiously where the kidneys are not in good working order. In various other diseases, especially in diseases of the lungs and heart, in which other physiological functions of these organs are diminished, the exhalation of carbonic acid by cutaneous excretion is usually increased. You have witnessed in severe cases of asthma, the profuse perspiration of the patient. In such cases the walls of the cutaneous vessels are dilated; more water, aqueous vapor, and carbonic acid are excreted, and the difficulty of breathing is relieved.

The physical properties of water are: first, its capacity for gathering, absorbing and conducting heat and cold. Second, its flexibility. Water possesses a remarkable capacity for absorbing heat without being itself much raised in temperature, and giving off heat without losing materially in temperature. The amount of heat sufficient to raise the temperature of two pounds of oil of turpentine, eight pounds of iron, or thirty-five pounds of mercury to thirty-four degrees, will raise only one pound of water to the same degree. The temperature conducting capacity of water is twenty-seven times greater than that of air. Water conveys to the skin much stronger thermic impressions than air, a fact easily discovered in exchanging a room with a temperature of seventy degrees for a bath at the same temperature.

People differ much in regard to toleration of heat and cold. What seems warm to one person, is very hot to another, and what seems to be cool to one, is cold to another. Also, the same persons tolerate

differently at various times, according to their physical condition. Therefore one should regard degrees. The following illustrates the relation of common terms to degrees:

Very hot, 104 degrees, F. and above; hot, 100 to 104; warm, 92 to 100; neutral, 94 to 97; tepid, 80 to 92; cool, 70 to 80; cold, 55 to 70; very cold, 32 to 54.

I do not approve of the ice-bag. I never use ice upon the cutaneous surface. I consider it harmful. Convenience plays a large part in using ice instead of water. It is so easy to lay the ice-bag upon the parts which suffer, because ice keeps cool so long, while water will have to be renewed ten times in the same period that one application of ice would require. But the ice does not reduce the inflammation as a cold water application will do. Ice acts as a local anesthetic, and, therefore, should never be used in cases of appendicitis, pneumonia, peritonitis, and even not in cases of fever.

Another important property of water is the perfection with which its fluidity may be controlled. We may change the size, form and character of the stream and direct it to any or all portions of the body and in this way limit the local and general effects with nicety and precision. The various hydriatic procedures, full bath, half bath, sitz bath, spinal douche, upper and lower douche, chest and knee douche, etc., etc., derive their technique and application from this property of water. By different degrees of pressure a great variety of effects may be produced. It may be applied almost without pressure by means of a sponge or forced upon the skin by compressed air.

Judiciously applied, water is most efficacious in controlling the circulation of the blood and blood pressure. It is a mistake to suppose that the heart beat, and the mere mechanical elasticity of the blood vessels, are the only forces which propel the blood. Upon muscle, the effects of a cold bath or a cold gush are such as to increase the working capacity, and restore the capacity after it has been fatigued by exercise.

Effects arising from cold and warm applications do not continue if such applications are prolonged. They last only from two to three minutes after compresses, and from five to ten minutes after baths.

It is a mistake to suppose that cold baths reduce temperature by the direct effect of the cold, although that is still believed by a great many who consider themselves well informed. This is one reason why the cold bath is not so frequently used as it should be, in fevers, when it is often a life-saving measure. The truth is, that the colder the bath the less active is its power of reducing internal temperature. To this I may add that temperature reduction is perhaps the least potent factor in the therapeutic effects of hydrotherapy. How often have we seen the dull eye of a typhoid fever patient brighten, and the apathetic countenance disappear, after a cold friction bath, and a lapse from delirium into a gentle slumber, thus showing the salutary effect of cold water on the central nervous system.

I conclude this paper with the following significant statement by Baruch, an allopathic physician of high rank, who has been an honest investigator, and has not feared to tell the truth:

"That therapeutic results from the application of cold water cannot be rivaled by medicinal agents is a matter of daily experience."

Sex Plays

THE public has been surfeited of late with sex plays, written ostensibly to point a moral, but really to attract the lewd and degenerate, and fill the coffers of the box office. Such plays in which the lure altogether overwhelms the lesson, do more harm than good. They draw full houses, as any appeal to sexual instincts always will.

On the other hand, good sex plays, like those of Brieux, all lesson, are persecuted and prosecuted and condemned by men whose consciences are pricked by these keen thrusts—libertines of whom it might be said as the prophet said to David: “Thou art the man.” Writing from New York in the Los Angeles Graphic “Anne Page” recently said:

It has become a tradition that seems very hard to break away from that a play can deal with anything it wishes so long as it shows vice in an unreal, attractive way. The crime is when it shows these things straight. When vice is shown with a glamour about it curiosity is aroused and desire to see at first hand. When it is shown in a bald, cold way exactly as it is, there is likely to be a reaction against it.

It is the same with books and magazines. An erotic novel becomes a “best seller,” while an instructive article on sex, that may warn many from moral, mental and physical ruin, has led to persecution by the postoffice department, if urged on by prurient prudes of the Comstock type and sometimes to imprisonment and ruin of the writer.

Dietetic Law Breakers

DNE of my consultants, in the course of a letter, wrote: “What have you to say about persons who are in perfect health in every way, who eat everything, and do not worry about diet in the least. I see people around me daily who are well and strong, and children also, that are allowed more freedom concerning diet than mine are.”

To this my reply is as follows:

(1) You will find, on inquiry, that such persons, who break the laws of health with apparent impunity, have inherited strong constitutions. Their children will not be able to sin so safely; their grandchildren still less so, and there will be no great grandchildren—that is to say, if the wrong habits are kept up by each succeeding generation.

(2) How do you know that these people enjoy “perfect health?” How often do you see “pictures of health” stricken suddenly with apoplexy, pneumonia, or some other disease, due to wrong eating? At the best, these people suffer from lack of physical and mental endurance. They are never able to evolve the best that is in them.

(3) You will usually find that these people get a good amount of physical exercise in the open air. Under such circumstances, one may withstand the effects of wrong eating for a long time.

(4) In most cases such people always "get theirs" before they die. If, as I above suggested, they do not go off suddenly, as do those of the full-blooded type, then they develop some chronic ailment, like rheumatism, or asthma, or Bright's disease.

The laws of nature are immutable. Dietetic law breakers must always pay the penalty. The pity of it is that the evil results often extend "unto the third and fourth generations."

Blue Laws

THERE seems to be running through the United States an epidemic of sumptuary legislation—of laws affecting individual habits, that do not interfere with the liberty or happiness of others. It is like an attempt to revive the ancient "Blue Laws" of Connecticut that were at once ridiculous and infamous. And this, strange to say, at a time when social morality is at a lower ebb than for two centuries.

In Los Angeles recently—and it may be today, so far as I know—it was unlawful for a person to consume, on Sunday, with a bottle of beer a cold cheese sandwich and a salad, costing twenty-five cents, whereas it was legal for him to consume a plate of hot hash or "chili con carne"—warmed up "left-overs"—the price of either of which being only ten cents. And the city fathers actually called an election to vote on the subject of whether saloon keepers should, or should not, be permitted to serve their patrons with free lunch, according to the time honored custom in such places. The United States Government recently turned aside from its consideration of Mexico, tariff and banking matters, to issue a formal order that the cigar factories shall not furnish their employees more than three free cigars daily, and that these cigars are to be consumed by the recipient, not given away, and the manufacturers are to furnish the Government monthly with a sworn statement, showing how many free cigars have thus been given to their employees. This I suppose will be followed by a regulation of the number of glasses of free beer to be consumed by brewery men.

Such legislation, when there are so many serious evils to be amended, reminds one of Nero fiddling over burning Rome. There is an old English saying that "you cannot make a man moral by act of Parliament." No law can be enforced that is not recognized as just by a majority of the people.

Such legislation as that to which I have referred is really "freak legislation," not laws to protect men, women and children from over-work, or injury, or to punish the poisoning of food. Foolish and annoying sumptuary legislation tends to remove from the people the last lingering respect they may entertain for what some are pleased to call the Majesty of the Law.

Too many who are poor or who are in moderate circumstances are putting off happiness until they are wealthy. It is well to remember there is no happiness except in the present. No matter how little a man has, part of it should be spent in making life pleasant for his wife and self.—L. C. Dillman.

The Folly of Meat Eating

AT the recent National Convention of the American Meat Packers' Association, in Chicago, dire predictions were made of what is likely to happen to the American people through an impending meat famine, which may send the price of porterhouse steak to a dollar a pound. One of the resolutions adopted by the Association called the attention of the Secretary of Agriculture to the "severe regulations controlling the industry." This means, I presume, that they wish more liberty to sell rotten meat. Since the house-cleaning following the publication of the "Jungle," it is said that inspection is now almost as loose as it ever was. Gustav Bischof, Sr., president of the Association, said, among other things:

It will mean that the working class of America must live on a diet of rice and potatoes and kindred foods. If that time ever comes, which, come it certainly will if there is not a change in producing methods, a national decline will begin which will be rapid and terrible in its consequences.

Such a decline would affect not only the economic, business and educational conditions, but it would go much further. It would be seen in the change in racial characteristics. We would become a nation of slothful people, emulating orientals. * * *

Much of the success of the American people—much of our virile force and splendid enterprise and achievement, is due to the fact that as a race we are eaters of rich, juicy, red beef. Draw a comparison between the meat-eating Americans and the rice-eating Chinese. What is more reasonable than to suppose that should our workingmen be confined to a diet of rice and potatoes their characteristics will take on something of those of the Chinese.

Rice and potatoes would be a one-sided diet, consisting almost entirely of starch. There are plenty of other more wholesome meat substitutes. To refer to the Chinese as slothful, or lacking in energy, is amusing. Here in the southwest, they almost monopolize vegetable raising, because the Americans cannot, or will not, do the laborious work connected with that industry.

The eating of flesh foods is a foolish and dangerous fad. It doubtless began during some cataclysm of nature, like a glacial epoch. Now-a-days ship-wrecked mariners are sometimes driven to eat one another. Flesh eating is unnecessary, harmful and extravagant. It lessens mental and physical efficiency. The hardest work of the world is done by those who eat the least meat. Arabian, Mexican and Turkish laborers, perform feats of endurance that would be impossible for beef eaters. Otto Carqué has written:

The idea that meat contains some nourishing ingredients which cannot be found in plant foods is entirely erroneous. On the other hand, we find in plant foods such as fruits, nuts, and vegetables in their endless variety the needs of our body, especially the organic salts, in far larger proportions and in a much purer form than in flesh foods. Furthermore, meat lacks the subtle, imponderable, vitalizing principles of the products of the soil which are ripened directly by the enlivening rays of the sun. Meat is at the very best a one-sided and at the same time, expensive food-material, insufficient for the formation of healthy blood.

There are two reasons why the eating of meat is unwholesome. (1) It contains altogether too much protein, the over-consumption of which is the main cause of serious disease. (2) Even if not diseased when killed, as are a great many, the flesh and blood of the animal contains a quantity of waste products that are highly injurious. Those who eat largely of flesh foods lay themselves open to many serious

diseases, from which abstainers are almost immune, such as rheumatism, cancer and serious kidney ailments. Metchnikoff has shown that many of our ills, including premature old age, are due to the accumulation in the blood of fatigue poisons, that these are caused mainly by the accumulation of waste products in the colon, and that such products are most largely produced by flesh foods.

If you are not willing to give up meat altogether, at least cut down the quantity you consume and note the improvement in your health. See, however, that you select proper substitutes. Merely to drop meat from the dietary is not always a step forward, from a hygienic point of view. Most of the vegetarian dietaries consist altogether too much of mixed and messed up starches and sweets. The ideal fruitarian dietary is far ahead of such a menu.

If you desire to learn more on this subject, I refer you to two excellent and inexpensive publications by Otto Carqué, "The Foundation of All Reform," and "The Folly of Meat Eating." You will find them listed on another page.

Oriental Hocus Pocus

A LOS ANGELES woman recently brought suit to recover money from a female teacher of the "occult," who, it was said, claimed to be an "incarnated deity." This case was somewhat exceptional, because the performer is an occidental, and a woman. Usually these exponents of mysterious and awesome secrets are mercenary male oriental sensualists, who find it remarkably easy to fool empty headed, or ill-balanced American women with a lot of meaningless jargon, picturesque costumes, and silly ceremonies. Most of them have no religious or social standing in their own country. This is true of one of the pioneers, who made a sensation in America during the Chicago exposition, at the same time the United States was introduced to the fascinations of the Oriental "danse du ventre," or "belly dance."

My friend Otto Carqué recently received a letter from a native of India saying he wanted to come here to study "New Thought." Thus East comes West and West goes East. A man is a prophet, save only in his own country.

Hanisch, the stage manager of "Mazdaznan," whose biography I reproduce on another page, is not one of the grossly sensual kind, but rather an ascetic, until recently, when he has begun to develop a "corporation." He is a clever little man, and nobody's fool, when it comes to business. Some of his teachings are good, some harmful, many only silly.

If you are not nosing after the carnal, but really seeking spiritual uplift, where, in any of these oriental "mysteries"—in the doctrines of Buddha or Zoroaster—can you find anything superior to the simple unadulterated teachings of Jesus of Nazareth, divested of the tawdry veneer of modern religiosity and churchianity?

The recipe for perpetual ignorance is to be satisfied with our conclusions and content with our knowledge.—Prof. B. J. Jones.

Wholesale Blood Poisoning

(D) NE result of the "triumphs of medical science," referred to on a previous page, has been the poisoning of the blood of the people for three-fourths of a century with vaccination for small-pox. Now physicians are injecting serums for several other diseases, and before long it looks as if they would be pumping animal filth into the blood for every ailment that they cannot operate for. It is a profitable graft, yielding millions of dollars annually to the National Drug Company, and to German manufacturers.

A few months ago an American sergeant died of typhoid pneumonia, after having been inoculated three times for typhoid. A sensation was recently created in Cincinnati, when a physician charged that the application of the Flexner serum had killed several children in the City Hospital. Previously a number of unfortunate children had been rendered blind by serum experiments in the charity hospital of an eastern city. Following is a press dispatch from Bristol, Va.:

The impression has been gaining in the last few days that vaccine used to prevent typhoid fever in this city is at the bottom of a number of cases that have developed. Former Mayor Gammon used the vaccine on his children, and three of the four are now down with typhoid. Two developed the fever after they had received the third treatment, and a third developed the fever after receiving a second treatment.

Here is a letter from Mrs. John Sobieski, of Los Angeles, published in the *Los Angeles Tribune*:

The recent court-martialing and sentencing of one of the brave defenders of the flag, who refused to have his body poisoned by putrid poison that might undermine his health for years to come and possibly for life, only shows the spirit that pervades those blood poisoners. There had been an order issued that all should be vaccinated and this young man went to the authorities and respectfully asked them to excuse him from obeying the order as he was religiously as well as for other reasons opposed to it. He was informed that they did not care what his views were, that he must submit or take the consequences. He refused, they put him in solitary confinement, then after some months they court-martialed him and sentenced him for a year at hard labor, then at the close of his term in the prison he was to be dishonorably discharged from the service, and this notice of his degradation was read from every warship and naval station in the country and published in all the naval bulletins throughout the United States and throughout the world. This sentence speaks for itself, nothing more need be added.

This is merely a sample of what we might expect to happen, should the drugging and serum injecting, and carving school of medicine be given full control over the lives and liberties of the American people, in the shape of a National Bureau of Health, which God forfend.

One result of this wholesale blood poisoning is, as I have said, a great increase in cancer, next to leprosy, the most awful disease that afflicts human beings. Blood diseases are increasing, while filth diseases are yielding to common cleanliness. If such is the result of three-fourths of a century of blood poisoning for only one disease, what may we expect during the next quarter of a century, from wholesale inoculations with half a dozen or more dangerous animal substances? Surely this is a subject deserving of attention by those who are able and willing to think, and not afraid to question misleading "authorities."

Something for Nothing

THERE is a remarkable yearning among people—even people we call “well to do”—to get something for nothing. If you give a performance free, you will have ten times as large an audience as if you charge a nickel admission. In one of those cheap—and trashy—monthlies (subscription 40 cents for three years) I counted no less than seventeen advertisements offering all kinds of things, from medical advice to diamond rings “absolutely free.” You see some of these announcements in almost all publications. What kind of intellect have those who really believe that in this materialistic age there are men willing to spend thousands of dollars a month for advertising, to let others know they are giving things away?

In the South and Southwest it is customary for stores to give a small present to every customer—a bit of candy, or something of that kind. In Louisiana they call it “lagnappe,” in New Mexico “pilon.” Woe be to the American storekeeper who ignores this custom, for he will soon be without customers.

Publications are now expected to give premiums. In fact, the circulation of many American newspapers has come to be largely a question of the value of tableware. BRAIN AND Brawn offers no premiums. I believe the best way is to put the value in the contents. Premiums are like other stimulants. You have to keep them up, to hold subscribers gained in that way and the morbid appetite grows.

Mind and Body

JF you are inclined to doubt the great power of the mind over the body, seek out a man who is poor and sick. Hand him—as a loan, if he will not accept a gift—a hundred-dollar bill, and observe the remarkable effectiveness of this green plaster on his mind and body.

Again, as I suggested in the first number of this magazine, see that man about to sit down to a big dinner, with an appetite to match, when a telegram is handed to him, telling that his bank has failed and he is ruined. Where is his big appetite? A mouthful of food would choke him. Yet nothing has happened to his body. It is true there are men so philosophical as not to be affected by the smiles and frowns of Fate, but they are white blackbirds. This is why the baseless fear of microbes and infection, taught by the doctors, is so cruelly harmful.

On the other hand, do not fall into the foolish error of believing “all is mind.” That is nonsense. Man is a compound of mind and body. They act and react on each other. If one is sick the other must suffer. When a man is wise, the mind controls the body, walks the quarterdeck and gives orders.

The motto of this magazine for those who think is: “A sound mind in a sound body.”

A new crusade against intemperance, the intemperance of the dining-room, is the only one that will ever settle this so-called liquor question.—Edward Hooker Dewey, M.D.

Settling California

WITH the opening of the Panama Canal there will be an immense immigration from Southern Europe to California. This will aid our material prosperity, but there may be a dark lining to the cloud. We shall then begin to experience some of the evils that have come to the East through the immigration of hordes of people of low intelligence and no education—people whose ideals, if they have any, are quite different from those of the men who made this country. The newly appointed State Immigration Commission promises to do good work in distributing these immigrants over the state. That will at least be better than having them create congested city slums.

Following is from Jack London's latest book "The Valley of the Moon." The hero and his wife are tramping through the southern part of Santa Cruz county, in central California, looking for government land, and one of the residents is giving them information:

Do you know what they call Pajaro Valley now? New Dalmatia. We're being squeezed out. We Yankees thought we were smart. Well, the Dalmatians came along and showed they were smarter. They were miserable immigrants—poorer than Job's turkey. First, they worked by day labor in the fruit harvest. Next, they began, in a small way, buying the apples on the trees. The more money they made the bigger became their deals. Pretty soon they were renting the orchards on long leases. And now they are beginning to buy the land. It won't be long before they own the whole valley, and the last American will be gone.

Oh, our smart Yankees! Why, those first ragged Slavs in their first little deals with us only made something like two and three thousand per cent. profit. And now they're satisfied to make a hundred per cent. It's a calamity if their profits sink to twenty-five or fifty per cent. * * *

Take Matteo Luttunich—he's one of the originals. Entered through Castle Garden and became a dishwasher. When he laid eyes on this valley he knew it was his Klondike. To-day he leases seven hundred acres and owns a hundred and thirty of his own—the finest orchard in the valley, and he packs from forty to fifty thousand boxes of export apples from it every year. And he won't let a soul but a Dalmatian pick a single apple of all those apples. * * *

Then they'll start buying the Americans out of some other valley. And the Americans will spend the money and by the second generation start rotting in the cities, as you and your husband would have rotted if you hadn't got out.

Salinas lies over that way. If you went through there you'd think you were in Japan. And more than one fat little fruit valley in California has been taken over by the Japanese. Their method is somewhat different from the Dalmatians'. First they drift into fruit picking at day's wages. They give better satisfaction than the American fruit-pickers, too, and the Yankee grower is glad to get them. Next, as they get stronger they form in Japanese unions and proceed to run the American labor out. Still the fruit-growers are satisfied. The next step is when the Japs won't pick. The American labor is gone. The fruit-grower is helpless. The crop perishes. Then in step the Jap labor bosses. They're the masters already. They contract for the crop. The fruit-growers are at their mercy, you see. Pretty soon the Japs are running the valley. The fruit-growers have become absentee landlords and are busy learning higher standards of living in the cities, or making trips to Europe. Remains only one more step. The Japs buy them out.

It would be sad if this grand state, this Land of Promise, that has witnessed the patriarchal hospitality of the Franciscans and of the hacienda days, and the broad-minded liberality of the Argonauts,

should be converted into a leasehold, or freehold, for Orientals, Iberians, and Slavs.

California land owners complain that they cannot get competent, reliable white help, and are, therefore, forced to utilize Orientals—who may be competent, but are not always reliable. Have these land owners encouraged decent white men to work for them? To pack a blanket over the dusty highways in search of jobs, and seldom find the simplest facilities for common cleanliness and decency, does not appeal to the ambition of a white bachelor, while to the married man it is, of course, impossible.

The cotter in England earns only about seventy-five cents a day, and boards himself, but he has a neat little brick cottage with a flower garden in front, and a vegetable garden behind, where he keeps some poultry and a pig, and has a family to greet him when he comes home from his day's work. Also, he is recognized as a respected member of the little community. He is really better off than the California "hand" who gets \$40 and board for perhaps eight months of the year.

As I have previously suggested, the proper way to encourage desirable white farm help is to establish in horticultural sections, colonies of married people, each with, say an acre of irrigated land, that they may purchase on very easy terms with a small amount down. Then all members of the family can help during the fruit, beet, bean, and other harvests, at other times working on their own plots. This plan would be good for the settler, for the employer, for the community, and for the state.

Think of the After Effects

"**A**ND the voice which I heard from heaven, I heard it again speaking with me, and saying, Go, take the book which is open in the hand of the angel that standeth upon the sea and upon earth. And I went unto the angel, saying unto him that he should give me the little book. And he saith unto me: Take it, and eat it up; and it shall make thy belly bitter, but in thy mouth it shall be sweet as honey. And I took the little book out of the angel's hand, and ate it up; and it was in my mouth sweet as honey: and when I had eaten it, my belly was made bitter." (Revelations; X; 8-10.)

When John wrote these words he may perhaps have had in view the effects of wrong eating on the body. Many a dish that is sweet in the mouth is very bitter in the belly.

When you eat, do not think merely of how good the food tastes in your mouth. Think rather of how you will feel three or four hours later after the process of digestion is well under way—or on the morning after.

Some people say they do not know what disagrees with them at a meal. You may easily ascertain this if you make a test by eating only one suspicious food at a time, and notice how it works. However, you will often find that foods which disagree when taken together, digest well when eaten alone. Here you will have gained another valuable lesson in diet, or the art of building the body by food.

O, It is excellent
To have a giant's strength: but tyrannous
To use it like a giant.—Shakespeare.

Rational Exercise

A COMPARISON of 625 star athletes of the United States Naval Academy, with 580 non-athletes, in both cases from the class of 1892-1911, showed that apparently the non-athletes were in better physical condition. This is in accordance with what I wrote in August under the heading: "Pure Blood Better Than Big Muscles," where I showed that big bunches of muscles are not only disfiguring, but are dangerous, because they are developed at the expense of the heart, and when the heart has been accustomed to work for these "superfluous organs," you must keep it up, or suffer the consequences. This is why so many athletes die prematurely.

Do not think that I under-estimate the value of rational exercise. By no means. A certain amount of exercise is necessary, especially for those who lead sedentary lives. There must be elimination as well as alimentation. As I have said, however, most of the exercise that people force themselves to take is for the purpose of working off the waste products of surplus food. The jousts and tournaments, and other strenuous "stunts" of the Middle Ages, and the fox hunting of English squires today, are efforts to work off the consequences of gross feeding. Were it not for these safety valves gormandizers would die of apoplexy earlier than they often do. As it is, they live on and develop gout.

As I have said, if you eat only enough to furnish heat and energy, and repair waste, you need but little exercise to keep yourself in good condition. It should be taken regularly. Remember that ten minutes of exercise daily is better than two hours once a week. The main object of exercise should be, not to strengthen the arms, but to keep the spine limber, by bending and twisting. Expansion of the lungs is also important. One of those elastic exercisers that can be affixed to a door jamb, is a good thing for sedentary people. If you are engaged in writing exercise your left arm more than the right. Tennis, golf, and gardening are all good forms of exercise. Also, do not forget the almost forgotten art of walking, which is simple, convenient, and inexpensive.

To over-eat, with the result of having to over-exercise, is a double waste of time and energy. Beside this, you cannot escape the evil effects of over-eating by freely exercising, although you may modify and postpone them.

Phosphorus in Foods

THE German scientist Moleschott has said: "Ohne Phosphor kein Gedanke." (There is no thought without phosphorus.) Phosphorus is truly important among the twelve minerals found in the body, and in natural foods, but in excess it is a destroyer. Only after a long and bitter fight against selfish interests, Congress has been induced to forbid the deadly phosphorus match, which ruins the health of those who make them.

A great majority of "civilized" people eat an excess of phosphatic foods. Then many of them top off with phosphate drinks, which are simply mineral poisons, as the minerals in the inorganic form cannot

be assimilated by the body, but only in the organic form, as found in foods.

Not only fish, eggs, meat and cow's milk contain a great excess of phosphorus, but cereals also contain an excess of this mineral, the effect of which is to over-stimulate the nervous system, especially the sexual organs, from which over-stimulation there is, of course, the inevitable reaction. When we see how a great majority of the young are fed, we cannot wonder at the prevalence of precocity, sexual excess crime and suffering. American nervousness is undoubtedly largely due to this over-consumption of foods containing an excess of phosphorus, and might be cured by the adoption of a dietary abounding in sulphur and the potassium salts, notably green leaves and fruits.

An article in the February number, headed "Medicinal Foods," contained a valuable table prepared by my friend Otto Carqué, showing the percentage of mineral elements in a number of ordinary foods. Mr. Carqué writes as follows in regard to phosphorus in food:

"The relation of phosphorus and sulphur in our foods is worthy of careful attention. Normal blood serum shows twice as much sulphuric acid salts as phosphoric acid salts, while the usual foods, such as meat, wheat and milk show a proportion of about 1 to 70. In fruits and vegetables the proportion is far better for the formation of normal, healthy blood. . . .

"Sulphur keeps the balance against phosphorus. The irregular behavior of the phosphatic nerve substance is kept in bounds by the due amount of sulphur which the blood contains. Nervous irritability may consequently be cured by supplying sulphur to the lymph and blood, which is best effected by a diet consisting largely of fresh fruits and vegetables."

Here is another case where it will profit everybody to devote a little time to the study of the material of which our bodies are built. And remember that the brain is a part of the body.

A Disgrace to the Age

WEALTH has been deliberately preferred to human life and happiness. One of the great defects of our system of law is that deaths due to preventable causes in any profit-making business are not criminal offenses. No thinking man or woman can believe that this state of things is absolutely irremediable; and the persistent acquiescence in it while loudly boasting of our civilization, of our science, of our national prosperity, and of our Christianity, is the proof of a hypocritical lack of national morality that has never been surpassed in any former age.—Dr. Alfred Russell Wallace.

Why, if the Soul can fling the Dust aside,
And naked on the Air of Heaven ride,

Were't not a Shame—were't not a Shame for him
In this clay carcass crippled to abide?—Omar Khayyam.

It is not things, but the opinion about things that troubles mankind. Thus, death is not terrible. If it were so it would have appeared so to Socrates. But the opinion we have about death, that is terrible, that is where the terror lies.—Epictetus.

Briefs

That Americans are still in the youthful stage is proved by the fact that their only idea of a celebration is to make an infernal noise.

A fourteen-hour six day for work horses is proposed in San Francisco. Good for the "wickedest city."

The London Chronicle says of Wilson: "No more remarkable man has reigned in the White House since Abraham Lincoln."

A Glendale, Cal., woman was convicted by an "injustice" of running a "blind pig" because she served wine to guests at her home table.

We have had a surfeit of the capers of old fauns and young fawns. Give us a rest.

Los Angeles motorists who injure pedestrians and race away without offering help are not liable to punishment.

"Cyclical" insanity is the latest plea of a local murderer. "Automobile insanity" will come next. Indeed, it is already here.

Gen. Braulio Hernandez says the revolution is not political, but social, and that Mexico may look for permanent peace when the peons cultivate their own soil.

A young woman "highwayman" in Los Angeles relieved a citizen of \$27. "Women's rights."

In Trenton, N. J., two school children died of lockjaw, following compulsory vaccination.

"Dangerous" bacteria have been found in eggs. I have found bugs in apples.

A German student was imprisoned three days by the university authorities for refusing to drink the Emperor's health in beer.

Bakers and confectioners in Kansas City use a ton of rotten eggs daily. Delicatessen.

A Salem, Mass., football coach gave his players strychnine to stimulate them in a game. "Healthful outdoor exercise."

A "scientist" says women are inferior because they contain less salt. I know many men who are too fresh.

Over two years ago an Englishman offered £1000 for proof of telepathy. It is yet unclaimed.

Some East Side banks in New York pay their employees as low as eight to ten dollars a week.

A reduction plant in Chicago costing \$300,000 yielded profits of \$186,000 a year.

A magazine describes an "ideal home at small cost," the cost being \$7000. Money is getting cheap.

A young Los Angeles man, operated on (and killed) for appendicitis, was found to be suffering from congestion. Legal murder.

Episcopalians want Congress to regulate divorce. Too many laws already, but divorce and bankruptcy laws should be uniform.

Cleanliness will make any region as healthful as Panama, but the tropics will never be adapted to the blond races.

Surely the currency is a fit subject for government control.

If you think we have progressed far since Roman amphitheater days, watch the gloating mob at the trial of a brutal murderer.

Russia, Turkey and Spain are in Europe, but not of it.

A speaker told a local Methodist Ministers' Association they need spirituality more than numbers and machinery. Correct.

The Socialist-Democrat party in the Reichstag now represents one-third of the population of Germany.

An 82-year-old Methodist boasts of never having smoked, drunk alcohol, or seen a show. Yet he may be a very bad man.

He who believes it possible to cure dyspepsia by swallowing tablets belongs in an asylum for the feeble minded.

President Poincaire of France refused to attend a bull fight at Madrid. Good for Mr. Poincaire.

In Germany they have a village where they treat the insane as sane people, and most of them become sane. "Give a dog a bad name," etc.

In Wisconsin, school buildings are open to the public when they are not in use. Why should costly school and church buildings be closed most of the time?

An English bachelor, 101, boasts that he never took drugs. If he had taken drugs, and reached that age, it would be worth noting.

Harvard University has accepted an endowment for psychical research. That is better than "medical research," which means the fiendish torture of innocent animals.

It is complained that unripe fruits injure California's reputation in the East. What is more important, they injure health.

England forced Chinese to smoke opium (for revenue) and Russia forces its subjects to drink vodka (for revenue). Dirty business.

London "bobbies" get one pound a week.

Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

Vol. II

LOS ANGELES, NOVEMBER, 1913

No. 6

The New State Medical Board

THE State Board of Medical Examiners under the new medical law should have organized on September 2. It was appointed by Gov. Johnson on October 17. Following are the names:

Harry E. Alderson, San Francisco, three-year term, allopath.

William T. Molony, Los Angeles, two-year term, allopath.

S. H. Buteau, Oakland, one-year term, allopath.

Fred F. Gundrum, Sacramento, four-year term, allopath.

H. Clifford Loos, San Diego, one-year term, allopath.

D. L. Tasker, Los Angeles, four-year term, osteopath.

W. W. Vanderburgh, San Francisco, two-year term, osteopath.

Charles B. Pinkham, San Francisco, four-year term, homeopath.

Robert A. Campbell, Los Angeles, three-year term, homeopath.

H. V. Brown, Los Angeles, one-year term, eclectic.

This is a great disappointment to the Naturopaths who expected better things of a liberal and progressive Governor. They looked for at least one representative. The statement given out at Sacramento was that "the appointments were allotted proportionately among the different schools as nearly as possible on the basis of the number of physicians practicing in the State of different medical beliefs."

Under the old law there were eleven members of the board. Now there are ten. One eclectic has been dropped, and the other gets only a one-year term.

Dr. Tasker, former president of the board, appointed as an osteopath, might better be classed among the allopaths with whom he may be expected to vote, when it comes to a scratch, giving them control. He is like so many other osteopaths, who having been recognized seem to be ashamed of their school, and stray after the false gods of drugging, serum injecting and unnecessary mutilation. He is not a representative "regular" osteopath.

The Attorney General is reported to have said that the law is unconstitutional. It will certainly lead to litigation. There will be no justice or satisfaction until every medical tub is permitted to stand on its own bottom. It is as unreasonable for an allopath to pass on the proficiency of a hydrotherapist as it would be for a plumber to examine a chauffeur. Before we can reach that point, however, drugless healers must cease squabbling and unite.

A Thirty-Inch Book Shelf

AS I have previously remarked, all I can do in this small magazine is to whet your appetite for knowledge in regard to the laws of hygiene—to act as a guide post on the road to Health. If you want to drink deeper at the fount of Knowledge you must sit at the feet of Mother Nature and also read good books, giving the experience of those who have done so.

I again call your attention to the selected list of books on health subjects that may be ordered through the Naturopathic Publishing Company. Additions have been made during the past month. Several years ago I condensed my health library, gathered during forty years, to 200 books. From these I again selected for our readers about twenty volumes, so that the list represents the "cream of the cream" of what has been written on the subject.

We have heard many varying opinions in regard to Prof. Eliot's "five-foot book shelf." Here is a thirty-inch book shelf, worth much more than its weight in gold, to those who "read, mark, learn and inwardly digest" the contents of the volumes.

The Power of Water

HYDROTHERAPY, or the water cure, has been much neglected in America, even by drugless healers, although it is over fifty years since Dr. R. T. Trall wrote his "Hydropathic Encyclopedia." One reason for this is that, like osteopathy, it involves hard work.

By the scientific use of water administered in various ways, at different temperatures, the skilled operator may play upon the human body as a musician plays upon the keys of a piano. None but experienced persons should undertake such work, for much harm may be done by the injudicious use of cold water, especially where the patient is thin, anemic and nervous. You can kill with cold water as well as with drugs.

In this number appears an outline of a valuable and interesting paper on the subject by Dr. Carl Schultz.

Phosphorus

ONE of my "Brooklets" was cut short by the printer last month. It should have read: "Young people should not eat much tame wheat or they will sow wild oats." Too much phosphorus. See article on another page.

The use of phosphorus on matches is now illegal. It has caused the miserable death of many thousands.

Country Homes Wanted

I ADVISE my readers against real estate speculation, unless they have money they can afford to lose. On the other hand, I cordially indorse the acquirement of small productive homes, where frugal families may become independent.

I occasionally receive inquiries from outsiders who seek such homes and ask advice. Our readers are thrifty people who go through the magazine carefully, from cover to cover. If you have honest property of this kind to offer, you would achieve results by making it known through our advertising pages. The soil must be good and above all there must be an assured water supply for irrigation, the leading requisite in California. We run no fake or misleading advertisements.

The Income Tax

SAYS the San Francisco Chronicle:

If we are to have an income tax, it should be a uniform tax, for deliberately to compel the rich man to pay more than his share is most outrageously unjust.

Not so. On the contrary, to compel a poor man or a man of moderate means to pay the same percentage as the rich man would be "outrageously unjust." Forty years ago, in the Swiss canton where I lived, the income tax ranged from one to ten per cent. This was just, for obviously the man with \$4000 a year and a family can less afford to pay a tax of \$400 a year than the man with \$40,000 a year can afford to pay \$4000.

Won't You Do It?

IF every reader who appreciates the good this magazine is doing and the hard work I am putting into it would make it a rule to get us at least one new subscriber every month it would greatly ease my path and increase the usefulness of the magazine.

I amount to less than nothing as a beggar, so I simply ask: "Won't you do it?"

The Quest of the Unknowable

MYSELF when young did eagerly frequent
Doctor and Saint, and heard great argument
About it and about: but evermore
Came out by the same door where in I went.

With them the seed of Wisdom did I sow,
And with mine own hand wrought to make it grow;
And this was all the Harvest that I reap'd—
"I came like Water, and like Wind I go."—Omar Khayyam.

Brooklets

One thing the Bible lacks is a reference to baseball—unless the Battle of Armageddon means a world's championship series.

* * *

Heredity has been defined by Luther Burbank as "the sum of all past environment."

* * *

Bacon says reading makes a full man, speaking a ready man, and writing an exact man. How about thinking?

* * *

The less "impedimenta" you carry on the journey of life the pleasanter will be your trip.

* * *

He who denies a hereafter is as great a bigot as the man who tells you all about it.

* * *

I might divide my acquaintances into those who do and those who do not answer letters.

* * *

Arguments as to the relative superiority of the sexes are silly. Each have their good and bad points.

* * *

Some people wouldn't pay \$50 more for a lot with a grand view than for one facing a bill board. "Having eyes they see not."

* * *

Fashion plate artists should rank as caricaturists.

* * *

Some take spiritual, others spirituous stimulants. Both bad.

* * *

Did you ever hear of an unsuccessful surgical operation?

* * *

Ten years from now, a man without an auto may be arrested for indecent exposure of his poverty.

* * *

Don't try to quench a champagne thirst on a beer income.

* * *

Forced fun is more depressing than genuine gloom.

* * *

Let us try to distinguish between Law and Justice. Sometimes they are far apart.

* * *

Don't worry is good advice, but to avoid worry you must have a good digestion.

* * *

How many, courteous abroad, are bears at home. If you can't "make it unanimous" at least reverse the habit.

* * *

Many with beefy minds lack the amiability of an ox.

* * *

Nothing bares character more effectively than a panic during a fire at sea or in a crowded building.

Bathing

HERE is an extract from an article in Health Culture, by Dr. Elmer Lee, editor of that magazine:

"Bathing is an acquired habit, unnecessary and even harmful. Cold or hot water showers or sprays, and any form of immersion will be injurious in the end.

"Man is an air animal, not a water beast.

"An aged woman asked me if it was good practice to chill the human skin with cold water to warm it? Cold bathing is recommended as a body warmer, so is a hot toddy of whiskey, also a cold cocktail of whiskey. Man has acquired many conceits.

"A bathtub is an enemy in the house. It is expensive and adds to the toil of women. Bathing begets false security against disease, weakens and injures the skin, extracts bodily energy and magnetism, and entails on society a needless habit."

Dr. Lee's statement about bathing reminds me of a passage in Mrs. Eddy's "Science and Health," where, pointing to the dirty but healthy immigrants, she declares that it is as unnatural to take a child out of the air and put it into water as it would be to take a fish out of water and put it into mud.

Undoubtedly the bathing habit, like many other good habits, may be, and is, over-done. Especially is this true of protracted ocean baths. Whole baths in cold water should only be taken by those who have a good circulation. To go shivering into the water, and come out shivering, pretending you like it, is as foolish as it is to eat "sawdust" food, thinking it is going to do you good, although you don't like it. In such cases it is much better to wade and paddle around in the water.

The English are fanatics for cold baths in the morning. Some of them break the ice in the Serpentine Lake in Hyde Park all through the winter. I remember there was often ice on the water in my father's hip bath, which he took religiously in his bedroom every morning. We had no bath rooms in those days. Such a practice is harmful, tending rather to shorten than to lengthen life. The shock is too great, except to those who are exceedingly hardy within and without, having hardened themselves inside by a strictly temperate, non-stimulating dietary and outside by exposure to the air. Otherwise, it is best, in the morning, to take a rub with a damp towel, followed by friction with bath gloves and the hands. When the day is hot, and the river, or lake, or ocean looks good to you, then is the time for you to plunge in for a short dip or a swim.

Some nations are strong and healthy that scarcely ever bathe the whole body, while the Japanese, who boil themselves daily, have exceptional strength and endurance. One objection to the hot bath would be overcome if people would make a practice of always oiling the body thoroughly after the bath. This has been the practice in the Orient for thousands of years. In the West, it has been altogether too much neglected.

As to a bathtub in the homes, if you have to choose between the two, better omit the stove.

To the excessive use of salt may be traced weakened intestines; watery eyes; retention of food in the stomach and slow digestion. It extracts the thin properties from the blood and inhibits (lessens) the secretions.—Prof. B. H. Jones in "Common Sense Diet."

Otto Hanisch

HN the last day of June, at the close of the great conference of Mazdaznans in their Lowell temple, in Massachusetts, Ottoman Zar Adusht Hanish kissed each of his seventy-five male and female followers three times, and then each of the seventy-five kissed Hanish. A press dispatch stated that "some of the prettiest women ever seen in Lowell were the givers and recipients of the caresses." A few weeks ago Hanish addressed an audience in Los Angeles.

Following facts in regard to the family of Otto Hanisch ("Rev. Dr. Ottoman Zar-Adusht Ha'nish, Master of Mazdaznan,") are condensed from an article in the Vegetarische Warte, Leipzig, April 26, 1913:

Otto Hanisch, baptized as a Catholic, is the youngest son of the teacher, Richard Hanisch, and Francisca Hanisch, (born Anslikiewcz,) now in Milwaukee. His father resided near his native town of Gleiwitz, in upper Silesia, teaching language and music. He also worked as book-keeper in several railroad car factories in Elbing, and other places. He was later in Breslau, whence, in 1878, he emigrated to the United States, after he had become a Baptist. With one exception his relatives accompanied him. The eldest son, Richard, served in the First West Prussian Uhlan regiment, and followed the parents later to Rochester, N. Y., where the father worked as music teacher for the Baptist Communion of that place. Richard died November 10, 1912, in the Evangelical Deaconess Hospital, at 909 Sarah Street, St. Louis, Mo. His brother paid no attention to him, although notified of his condition. Richard had served as pastor of a reformed church in Potsdam, Mo., receiving a salary of \$500 a year, on which he supported himself, his wife, and five children, and even assisted the parents. Another brother, Edmund Hanisch, who still lives in Germany, bears a great family resemblance to Otto. He is a locomotive engineer, living at 26 Wilhelmstrasse, Gleiwitz. In 1911 the "Master" was several days in Breslau, but did not visit his brother Edmund.

The parents of Otto Hanisch live in Milwaukee, Wis., and resided, end of December, 1912, at 894 Ninth Street. Otto Hanish was born on December 7, 1866, in Weissenberg, West Prussia. In Salt Lake City, where he resided (he worked there as a printer—Ed.) are living his younger sisters, Fanny and Emelie, married to mechanics.

The article translated is signed by Rechtsanwalt Dr. Bracke, of Brunswick, Germany.

Several years ago Hanisch claimed to be over 60 years of age. As shown above, he is not yet 47.

Some of the teachings of Hanisch on health subjects are good, others bad, while most of them are merely foolish.

A Real Friend

Enclosed find money order for \$10, which please accept as a gift. If you do not want to accept it, then apply on subscription. I do not want any stock. Man needs but little here below—after he has passed 80.—W. R. S. Foye, 350 Buchanan St., San Francisco.

[The magazine goes for a year to ten friends of this worthy old gentleman.—Ed.]

The Reclamation of a Drunkard

SAM LEAKE (W. S. Leake) of San Francisco is well known throughout California as a newspaper man and politician. He was a prominent figure in the fight that elected the late Stephen M. White United States Senator, and White made him postmaster of Sacramento, as a token of gratitude. For several years he was managing editor of the San Francisco Call, for the Spreckels Brothers.

King Alcohol finds his readiest victims among men of high-strung, nervous disposition, men of great intellectual power. Newspaper men, over working at unnatural high tension, are especially prone to seek inhibition of this inhuman strain by resorting to the solace of alcohol and nicotine. As editor of the Call, from a fairly steady drinker Leake became transformed into a drunkard. He was reduced to a pitiful spectacle. Body gave way with mind. He stooped forward like an octogenarian, unable to support the weight of years. His legs dwindled away to pipe stems. He almost lost the sense of sight. For years he had not drawn a sober breath. He fought against drunkenness with intensity, tried every "remedy."

In a series of articles in the San Francisco Bulletin, since published in pamphlet form, Leake tells, fifteen months later, of his reclamation. In an introduction to the pamphlet James H. Wilkins writes:

"The last time I saw this human wreck he was being assisted—almost carried—from a ferry boat at Sausalito. His eyes were glaring and staring wide open. The look of death was on his face. He seemed a thing beyond the aid of man. I hardly thought he would reach his home alive."

And then:

"About a month after I was on Post Street, when I was startled by what I thought an apparition, that took my breath away, as if a ghost had suddenly confronted me in a lonely place on a dark night. Sam Leake was approaching me, erect, alert, easy, debonnair, the old Sam Leake of fifteen years ago, or rather a new Sam Leake. * * * Later I heard that he was almost devoting his life to the reclamation of outcasts—victims of drink."

Leake correctly says that drunkenness is a disease. It should be treated as any other disease. A rational non-stimulating fruitarian dietary and fasting, with the water cure would accomplish wonders for many inebriate wrecks.

The author tells how he was first started on the downward path. As a great majority of drug habits are acquired, this was first taught him by a physician. "One of the ablest doctors in California" had diagnosed his case as tuberculosis in a pronounced form, told him his case was hopeless, but that his life might be prolonged by drinking plenty of liquor.

Leake scores the brutal treatment accorded unfortunates suffering from this nerve-wrecking disease. Unlike Jack London, he does not believe in a crusade against saloons. He says: "I was healed in a city of over 2000 saloons, and they have not bothered me since. If every saloon were closed tomorrow, drunkenness would still remain. The real fight is against the cause, not the effect."

Suggestion plays an important part in the cure of drunkenness. Many have been cured by suggestion through the ministrations of the Salvation Army. Mr. Leake attributes his cure to suggestion—or as he puts it "healing"—through Christian Science.

The pamphlet is distributed free by the author, W. S. Leake, 822 Crocker Building, San Francisco.

Wireless Wonders

NOWHERE in fiction—in novels or on the stage—has a more dramatic spectacle been seen than that attending the burning, at sea, in mid-Atlantic, of the immigrant ship Volturno. Wireless appeals were sent out broadcast into the surrounding darkness, and within twelve hours ten great trans-Atlantic liners surrounded the doomed craft. The seas were so mountainous that it was impossible to render assistance, so all that could be done was to lie around and illuminate, with searchlights, a stormy ocean, into which a frenzied passenger occasionally plunged, some even casting their children into the seething waters. A strange scene, indeed, these luxurious vessels, with their brilliantly lighted cabins, encircling the burning ship.

Then, out from the darkness, the captain of one of the vessels send out a call for an oil ship. Just that way, as if a house-wife was telephoning to her grocer for a can of coal oil. And the answer came promptly from a tank steamer that was plowing across the stormy Atlantic, the Narragansett, whose captain cheerily replied: "I will be up with the milk in the morning." He was there, ahead of time, and pumped a great many tons of oil on the troubled waters, stilling them as by magic, so that a majority of the passengers of the Volturno could be saved. Another proof that truth is stranger than fiction.

It is estimated that since wireless telegraphy came into practical use, only four years ago, no less than five thousand human lives have been saved from death at sea. Surely a most beneficent invention. Compare such life-saving discoveries with so-called "medical research," the results of which are the horrible torturing of millions of innocent animals, and the resulting deaths of thousands of human beings, through poisonous animal serums and unnecessary surgical operations.

Food and Fuel

DR. ELMER LEE, editor of Health Culture, is a man of high ideals and says many good things, but some things he says I cannot quite agree with. For instance, following is an extract from an article on "Summer Comfort," in Health Culture for June:

"It is a mistake to try to eat less in hot weather. Eating promotes health and activity. A locomotive will consume the same amount of fuel in the summer as in the winter. A locomotive in the Sahara will require as much coal as one in Siberia."

According to this, a man may eat the same amount of food during a California summer as in a Canadian winter. The three uses of food are to furnish heat and energy, and replace waste. When the temperature of the atmosphere is equal to that of the blood, there is no loss of heat. Again, hot air contains less oxygen than cold air, therefore burns up food less rapidly.

It is not correct to refer to the body as a steam engine. It should rather be called a storage battery, or electric motor, which has the power of recharging itself with life or vital energy. Much energy is stored during sleep. Indeed, some go so far as to claim that we do not need food at all for heat and energy, but that they are absorbed during sleep, from a great outer source of cosmic energy.

The man who tries to eat as much food—even if it is non-heating food—in hot weather, as he does in cold, will soon find himself a sick man. The quantity and quality should both be changed in summer.

Venerable View of Love and Marriage

WOMEN should be compelled to marry husbands chosen for them by their parents or guardians. No woman is a competent judge of the husband most suited to her needs. Love is a myth upon which humanity has been fed and poisoned for centuries. It is a survival of paganism and should be abolished by law."

The venerable Dean of Lynn avowed these doctrines in a sermon preached a few days ago over the grave of a young woman who killed herself because, she said, "she feared to go through life unmarried and no man for whom she cared desired to marry her."

The Dean, who is one of the most noted divines in England, conducted services for the young suicide when the clergyman of her own denomination refused to take part in the funeral or admit her body to a place in the cemetery.

"This girl," said the Dean, "has been sacrificed by a folly which is corrupting the whole world. Personal love is an abomination and most marriages are sheer hypocrisy."—London press dispatch.

Better Late Than Never

REFFERRING to osteopathy and chiropractic, the editor of the Medical World says:

"There is some good in these methods and physicians should learn them and thus take them out of the hands of pseudodoctors. We have been and are teaching them and earnestly enjoin our readers to start now to learn to cure whatever may be cured without drugs. More on the practical side of this subject will appear in future issues of the Medical World."

Better late than never. The allopaths will, however, find that it requires years of practice to become expert as an osteopath or chiropractor, and then a lot of real hard work, to practice those forms of healing.

Rotten Meat

FEDERAL inspection of meat at big slaughter houses is again going on merrily, as in the days before the "Jungle." For export, meat is carefully inspected, because otherwise it would be condemned, but for home consumption "everything goes."

In Seattle recently, a big packing firm was arrested for having in its possession 3,000 cans of ancient, decomposed and decayed meats, which they had relabeled. No wonder ptomaine poisoning is common. That, however, is only a small part of the suffering caused by these rotten foods. For one who dies of ptomaine poisoning, thousands more slowly acquire other diseases, of which the true cause is seldom recognized.

Helps His Practice

I never fail to get a copy of BRAIN AND Brawn for a new patient, especially if it is a starch fed and fattened woman, of whom there are so many. If they absorb what it contains, it helps my treatments along and encourages the patient to recommend my services to some other sufferer, which in itself is a very good advertisement.—Dr. Edward B. Fahy, San Diego, Cal.

A Real Nature Man

WE frequently read about "nature men," many of whom would be more properly described as "nature fakers." Here is a real nature man. At least, he was so for two months.

Early in August, Joseph Knowles, a Boston artist, went into the forests of Maine stark naked, to prove that he could live and feed himself, and clothe himself without any artificial aids. Promptly, on time, he came out of the woods at the end of the two months clad in rudely dressed skins of black bear and deer. Over his neck and arms was a black bear skin cleverly fastened with thongs of deer skin. His trousers were of deer skin made Indian fashion, with the hair inside. His feet were encased in moccasins of buck skin, sewn with sinew. Hung over his arm were his bows and arrows, and sheathed in buck skin a crude knife of horn hung from his belt. He carried on his back a knapsack of woven lining bark containing a fire machine and other tools he fashioned to aid him in living as a primitive man. He was in perfect physical condition, having dropped in weight to 174 pounds from 204 pounds. He had the complexion of an Indian.

This was truly a remarkable feat. Not one in ten thousand civilized men could do it. It shows that there are still a few among us who are equal in physical resources to the cave man of a hundred thousand years ago. It also suggests to us how absolutely helpless the modern civilized man is, when reduced to nothing but his bare hands.

In olden times they selected, as a leader and ruler, a man who could do things, whence comes the word "king," from the German "koennen," to "can," or to "be able." This artist is a king in his way, although he might not have been selected for one among primitive people, because they would all be able to do what he did.

Poisons in Animal Food

AN eminent physician graduate of Yale, Dr. George F. Butler, recently stated why he thought meat should not constitute a principal food of the human race. His reasons in brief were two; first that meat decays so fast that it is hardly possible to obtain meat that is absolutely fresh even though it tastes all right; and second that even if the meat were cut from the animal just before dinner, it contains in itself poisons which would have been gotten rid of had the animal been allowed to live. Thus we have to swallow the "waste products" that the poor cow or sheep hadn't had time to get rid of and add it to the "waste products" which we are trying to get rid of ourselves.

The names idol, phenol and skatol are perhaps strange to you. They are the names of poisons developed by rotting meat. Phenol is equivalent to carbolic acid. Perhaps they were not strong enough to be tasted, but were there just the same in that piece of roast beef you had Sunday.

Meat also contains some of the animals' blood, vein blood which was not yet purified by the animals' liver and kidneys. That blood has a few poisons also, urea, uric acid, cholestrin.

Thus when we eat meat we have to get rid of other poisons besides our own. That means more work for all the organs which take away the "waste products," namely the liver, kidneys and lungs.—The Healthy Home.

What We May Expect From "Harper's"

FOllowing is an editorial in Harper's Weekly for August 16, the first number under the new management:

"Some dozens of letters have come to us all at once asking us to be fair in the vivisection controversy, and to give 'both sides.' Some of these letters inform us that the writers will subscribe to the Weekly if we are fair, but not if we pursue a course hostile to the anti-vivisection crusade.

"We have no intention of giving both sides. On the contrary, the support of the cause of scientific medical progress will be one of the things to which we shall be energetically devoted. We shall no more give both sides of the argument on experiment than we shall give both sides of the question as to whether the household fly shall be encouraged in the dining room, or sewers emptied into the city reservoirs, or swamps kept for the breeding of mosquitoes, or smallpox patients permitted to ride on the street cars. We shall be extremely bigoted on the subject, and shall hope that the day will soon come when cancer will be added to the great diseases that have yielded to investigation."

Dangers of Ice Packs

IF you put your hand into ice cold water, it first gets red, then purple, and if held for a time it will become numb, then shortly be followed by paralysis. Try to experiment and you will soon see that the continual cold stops the blood, the life of the nerves, from circulating. If it is so with the hand held in cold water, how can the result from an ice pack kept for weeks upon the abdomen be different? You tell, or ask your medical adviser or operating surgeon to tell you. Continual heat will paralyze just as surely, if applied too long.—Prof. B. H. Jones.

In place of ice or hot water rubber bags use cold or hot cloths.

Faith Cures

WHEN Martin Marsh left Los Angeles, recently, for a leisurely trip around the United States, having his old home town of Quebec as an objective point, he promised to send me picture cards of various places he passed through. This he did a-plenty, and in addition, he sent me from Quebec an interesting pamphlet giving views of the celebrated church of St. Anne de Beaupré, which long antedates the Grotto of Lourdes, in France, as a Mecca for devout pilgrims, who seek relief from physical ills. The relic which is supposed to do all these wonders is a fragment of a finger bone of St. Anne, exhibited first in 1670. One of the pictures shows a corner of the church, in which are stacked hundreds of crutches and canes, left there by those who have been healed at the shrine.

That cures, not only of mental, but of serious physical ills, are effected by relics of saints, as they are by fervent prayer, and Christian Science, and bread pills, and colored water, and other mental agencies, no intelligent person who has investigated the subject will attempt to deny. Such cures are all due to suggestion—either suggestion from without, or auto-suggestion, from within. In other words, the patient cures himself.

This statement will, of course, be strenuously denied by those who believe in the supernatural. It is the truth, nevertheless.

The New California Medical Law

LAURA C. LITTLE, of Portland, Ore., writes to me as follows in regard to the new California medical law:

"Whenever the drugless lamb breaks into the medical lion's government preserves, there will be a peaceful lying down together of the two, the lamb inside and the lion licking his chops for more. It always has been so and always will be. It is retributive justice meted out to those who would correct a wrong by duplicating it.

"What is needed—and some drugless school will wake up to the fact yet—is for all new schools to make a stand for absolute medical freedom—for a divorce of medicine and state. Such schools should stand with the laity for the rights of all, and cease trying to 'regulate' the healing art. The people will attend to any regulation required, once they are relieved of the burden of state medicine, once they are wholly free and unhampered in the choice of practitioners.

"If any school wants to put a fence around itself, there can be no objection; it can prescribe the qualifications of persons practicing under its name. But when any system presumes to regulate any other system, whether the latter have one representative or a hundred thousand, it must be taught to mind its own business. Events are thus teaching the new schools, and the people will shortly attend to the case of the regulars."

Mrs. Little's suggestion is good, but unfortunately the drugless schools of healing love each other less than they hate the "regulars," even as the Protestant religious sects hate each other more than they hate the Catholics.

Many are ready to help the cause of medical freedom with suggestions and criticisms, but few are willing to give of their money and time. It takes money to fight, whether for medical or political freedom. The work has been left to a few, who receive little thanks for their labors, and often are rewarded only with ingratitude.

It is the same with the anti-vivisectionists and the anti-vaccinationists. They are always ready with contributions (of manuscripts), but that does not pay printers' bills. It is a thankless task to fight for these reforms, while the general public is so indifferent, and those who are directly interested confine themselves to cheap advice and unsolicited criticisms.

A Long Fast

A WOMAN died recently in Palo Alto, Cal., after a fast of 67 days. Many have fasted longer than this, with benefit to their health, removing, in this way, chronic diseases of long standing. Fasting is the most powerful remedy known for chronic disease. In some cases, such as an internal tumor or cancer, it is the only way. Where a person is not well informed on the subject, and fully confident in himself, he should seek expert advice while undergoing a long fast.

In this case the woman was said to be suffering from melancholia. That would be a handicap. If the mind is not at peace, death comes much sooner when food is abstained from. Thus, we find shipwrecked mariners, and imprisoned miners dying after a few days' fast. In such cases it is not the abstinence from food, but the mental worry and hardships that kill.

Albert Turner, of Health Culture, sent me a Wilhide Exhaler, a good thing to strengthen the lungs. It is small—you can put it in a vest pocket—simple, and inexpensive, costing only a dollar.

BASEBALLITIS.

DURING the past month the United States has been suffering from an epidemic of what may be called "baseballitis." One has scarcely been able to hear anything else talked of, or to find much in the papers except the fearful and wonderful baseball jargon. On one day two items appeared in the dispatches. The first told how a laboring man in San Francisco struck a companion on the head with a shovel, and perhaps fatally wounded him, because the latter belittled the importance of the world's championship series. Another told how a "fan" dropped dead before a bulletin board, when he saw the news of a certain wonderful play.

Americans are inclined to poke fun at the English game of cricket because it is slow. The chief difference between baseball and cricket is that in England men of all classes—gray-haired men, parsons, bankers and laborers—play, while here they go to witness baseball. Cricket, and baseball, and golf, and tennis, and polo, and football—when it does not degenerate into a gouging and slugging match—are healthful out-door sports, but to sit on a bench and howl oneself red in the face, bears about the same relation to healthful exercise as playing poker does to mountain climbing. Baseball as a game is excellent, as it is practiced in this country it is a disease.

One of the most enthusiastic temperance lecturers I ever knew required from eight to twelve ounces of whisky to turn his tongue loose.—J. H. Tilden, M.D., in *A Stuffed Club*.

Health Advice by Mail

AS editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of BRAIN AND Brawn, it has been my privilege to give dietetic and other advice by mail to hundreds of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydropathy are valuable, and sometimes indispensable means of aiding nature. Any honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. "As a man eateth so is he."

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

Among chronic ailments that yield readily to this method are Constipation, Dyspepsia, Asthma, Rheumatism, Consumption (in earlier stages), Nervous Prostration, Liver and Kidney diseases.

I perform no miracles. I promise no cure. Nobody ever cured anybody. Whoever says he can cure anybody is a fool or a knave. Nature alone cures. All I do is to point out the way.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of hygienic home treatment.

Harry Ellington Brook, M.D.

Mail Address, P. O. Box 612, Los Angeles, California.

The Printed Page

THE CRIME OF VACCINATION; Tennison Deane, 64 pp.; published by the author, San Francisco, Cal.

Dr. Deane was formerly a surgeon in the U. S. Army, also a police surgeon in San Francisco, and has held other important positions. In this little book he shows that the disease known as cowpox is simply a syphilitic disease of the cow, inoculated into the animal through human infection, and that, therefore, it has no connection whatever with the human disease of smallpox. He shows, further, that diphtheria and tuberculosis are stages of modified or bovine syphilis, that no person who has syphilis uncured can contract smallpox, and that if half the children in a family are vaccinated against smallpox, only those vaccinated develop diphtheria when an epidemic of tonsilitis attacks the family. He writes:

"For 125 years the human race has inoculated itself and babes in arms with syphilis. Thank God for the modification, but syphilis just the same. This poison it has never tried to cure or eradicate from the system, and for fear that the strength might leave the tissues, revaccination is again resorted to."

The author declares, further, what I have been preaching for many years, namely, that bacilli are nature's scavengers, and are not the primary cause of any diseases.

There is an appendix containing a list of bacilli that carry disease, and of bacilli that are not infected with disease, in all, 178. As the author says: "A complete list of bacilli cannot be submitted, as bacteriologists are daily increasing the number. Wherever decomposed matter is found a bacillus can be discovered."

The author also tells of a substitute for cowpox vaccination, in the shape of a serum, which I consider about as unnecessary as a substitute for murder.

PIANOS AND THEIR MAKERS, Vol. 2; Alfred Dolge, Covina Publishing Company, Covina, Cal.; price \$5.

This volume reaches me, with an inscription "To my good friend Dr. Harry E. Brook." About a year ago Mr. Dolge published the first volume. This is much more artistic, containing a great number of beautiful, life-like brown and black portraits from original drawings, by the artist, J. M. Gaspar; also sixty illustrations of patented improvements. The volume deals with the development of the piano industry in America since the centennial exhibition in Philadelphia in 1876. There is no one in America more capable of writing such a book than Alfred Dolge, whose industrial city at Dolgeville, New York, was one of the landmarks of the United States.

The book is handsomely printed and bound. It should certainly have a wide circulation among those interested in this important industry.

THE LAST WORD ON BABY FEEDING; booklet, Prof. B. H. Jones; published by the author, 516 Federal Street, N. S., Pittsburg; 55c, by mail.

This is another dose of uncommon sense by Prof. Jones, a booklet of great value to mothers. The author properly denounces sterilization and pasteurization of milk, and poisoning of dairy cattle by the tuberculin test. He shows that so-called infantile paralysis is due to wrong diet.

Vox Populi

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

A KALEIDOSCOPE.

I don't see why your journal should not some day amount to a great enterprise. It possesses all the elements of healthy popularity—being crisp, fearless, versatile, progressive. It is really a kaleidoscope, in which one may see the whole current of clinic and hygienic features of the month, arranged with journalistic skill and diagnostic instructiveness. You seem to enjoy a field all your own—the experienced newspaper man turning his pen into a scalpel. I shall certainly try to interest my patients and friends in your magazine. They all seem to go first for BRAIN AND Brawn when selecting reading matter from my table.—Axel Emil Gibson, D.O., 519 Chamber of Commerce Building, Los Angeles.

EASILY DIGESTED.

I have heretofore taken the liberty of criticising certain features of BRAIN AND Brawn. Today I wish to say that the October number is one of the best yet issued, and extremely interesting. The only thing in it I could not digest was the rice fritters—Leon Bourgonjon, 1847 W. Pico St.

NO SUGAR IN HIS.

Your wise and timely editorial on "Sweetness and Sickness" in the September issue of BRAIN AND Brawn brings to mind my own experience. For many years I have, from necessity, been what is termed a "hard worker." Possibly I have over-taxed myself a little, or a great deal—who knows? At all events, I have had so much gas in my bowels, so many pains and aches in my arms and legs, so much trouble with my digestion, that I bid fair to either quit my earthly job, or remain simply a physical wreck. I finally decided (in July last) to quit using sugar, eating my fruit, my porridge, and drinking my weak tea without sugar, and cutting out pastry, preserves, etc. The change in my looks and my feelings is amazing. I am five feet seven inches in height, and did weigh 178 to 185 pounds. I have reduced my weight to 162 pounds, and feel more like a youth than a man of sixty-eight. My improvement is so clearly due to cutting out sugar that I am now, and always a convert to your theory. Let sugar alone.—W. H. Holabird, Receiver and General Manager California Development Co., 394 Pacific Electric Bldg., Los Angeles.

A CONSTANT READER.

I have just finished reading BRAIN AND Brawn, and can only say: More power to your good right arm. May it continue to wield the pen for the next quarter of a century, "and then some." I have read your writings from first to last, and believe their influence for good has been more powerful than an army with banners.—D. S. Johnston, 839 W. 17th St., Los Angeles.

LONG MAY HE WAVE.

I enclose checque for one dollar, my renewal of subscription. Please accept apology for not sending sooner. I enjoy every page of the magazine, and find it very helpful also. I only wish we could have had Dr. Brook's advice twenty years ago. It is the best thing we have found in California. Long may he live to help others.—Mrs. L. B. Sweet, 608 Washington Street, Alhambra, Cal.

BOUND TO SUCCEED.

Your theories are splendid. Do not maintain the slightest doubt in your mind as to your success, for it is bound to come. The world is seeking new ideas and thoughts. The old theories can no longer cope with the world's advancement. I will try to get others interested.—Lottie Emert, Hayward, Cal.

A GOOD INVESTMENT.

I enclose \$2.00, covering subscriptions as noted. I am glad occasionally to invest a few dollars in fuel for my thinkery, and to keep in touch with things with which I am in sympathy. May your circulation never grow less. R. C. Lane, United Verde Copper Co., Clarksdale, Ariz.

AN EASY DELIVERY.

Early this year I wrote to you concerning my wife, who was with child. We followed your advice as nearly as possible, with most gratifying results. Mrs. Thomson became stronger than she had been for some time. When the child came the doctor (Dr. Ida Parker of Orange) and nurse said she had a very easy time. The baby was small, but plump and strong. He appears to be thoroughly well.

We shall remember your advice and shall not hesitate to speak to others about you from whom they can get common sense advice that the regular doctor seems to overlook, or does not know about.—Charles O. Thomson, R. F. D. No. 1, Orange, Cal.

Have You a Friend?

WHAT more appropriate and useful souvenir could you buy him, for a dollar, than a subscription to **BRAIN AND Brawn**? It will remind him of you every month, for a year, and it will do him good.

Or, perhaps, you are so fortunate as to have six friends. In that case you may present each with a year's subscription for five dollars. Send us the "dough" and we will do the rest.

BRAIN AND Brawn, Chamber of Commerce Building,
Los Angeles.

Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

CEREAL FOODS.

J. S. P.—In the first place, it is not necessary to eat grains—cereal foods. Ripe grain is not a natural food for man. It is food for birds. The less you eat of them, the better. Many more Americans are injured by starch poisoning than by meat poisoning.

In the second place, if you eat ripe grains, eat them in the form of "zwieback," or thoroughly toasted bread, or of grain ground in a small mill, and dessicated by baking, or stirring in a frying pan. A good dessicated grain mixed with dried fruits is sold under the name of "Vitality Food" by Van Houten, 657 South Hill Street, Los Angeles.

THE ENEMA.

The enema is much preferable to drugs, when the bowels will not move, but it should not be made a habit. Always let a day intervene, so as to give the bowels a chance. When forced to use it, at the same time use every means, especially dietetic, of restoring normal bowel action. The fountain syringe that is hung on a nail is best. To force in the water is dangerous. Let it run in. The water should be tepid, never hot. The knee-chest position is the best, although some find lying on the left side more convenient. An enema taken once or twice a week, after a motion of the bowels, for cleansing purposes, is exceedingly beneficial.

INCURABLE DISEASES.

What is your opinion in regard to so-called "incurable diseases?"—J. R. T.

An experience of nearly fifty years in Europe and America shows me that most of those who finally persuade themselves to try the Nature Cure have first been given up by the drugging fraternity as "incurable." Otherwise, they would not pay the price—patience and self denial.

There are, of course, ailments that have gone so far as to be incurable. In most cases these are ailments that have been complicated by drugs, or unnecessary operations. Even in such cases life may be greatly prolonged by the natural method of treatment.

CASTOR OIL.

R. W.—Castor oil is probably as little harmful as any of the drugs that are taken to produce an operation of the bowel. Yet, it should be used with caution. Castor beans, growing on a showy ornamental plant that is common in Southern California, are poisonous. One often reads of children that have been killed by eating a few of them. An oil that is extracted from such a poisonous source cannot be entirely above suspicion. I should much prefer to use St. James's Oil, which lubricates without any medicinal effect.

Drugless Healers

The annual meeting of the Association of Naturopathic Physicians of California was held on Saturday afternoon, October 11, at the office of BRAIN AND Brawn.

A committee was appointed to frame and forward a protest to Gov. Johnson against the ignoring of Naturopaths on the new State Medical Board. Following resolution was drawn up by Dr. Carl Schultz, president of the association and chairman of the committee, and was sent to the Governor:

"Resolved: That we most vigorously protest against such action of His Excellency. We are all citizens of this state and of the United States and therefore insist upon our rights as such. Our members will be under control of the Board of Medical Examiners, without having any representative thereon. We expect to be given the same rights His Excellency has given to other schools."

The old board of officers was re-elected, with exception of Dr. Abbott, who declined to serve further as secretary, owing to press of other business. In his place Dr. August Greth was elected. A resolution of thanks to Dr. Abbott was adopted, for his efficiency and diligence in office.

The following members were elected vice-presidents: First, Willson, Los Angeles; second, Binford, Riverside; third, White, San Diego; fourth, Reymond, Oakland; fifth, Lindstrom, San Francisco; sixth, Goettler, Pasadena.

Dr. White, of San Diego, telephoned a resolution that drugless healers should prepare to fight in the next legislature for separate examining boards. It was referred to the directors for consideration.

Dr. Schultz read an interesting paper on hydrotherapy, an outline of which will be found on other pages. He was given a vote of thanks.

A musicale was recently given by the Pasadena Chapter of the Woman's Republic. It was presided over by Dr. Margaret Goettler, president of the Chapter, who explained the aims of the organization, which include universal peace, suppression of white slavery, protection of children, and lessening of the alcohol evil.

Dr. Ehrenstrom, of the Swedish Institute, on West Seventh Street, is proud of a sworn testimonial recently

received from Glenn R. Lynn, of 2127 Ellendale Avenue, Los Angeles, telling of his remarkable cure three years ago of tuberculosis of the knee bone, after having been treated in vain by regulars for over a year, during which time he went laboriously on crutches. After the first treatment by Dr. Ehrenstrom, he commenced to improve rapidly. After thirty treatments he used a cane, and after ten more he discarded that. He followed dietetic instructions strictly. All this was done without drugs, and without pain, in five months, although he had been told that his leg would have to be amputated, or put in a plaster cast for years. Another triumph for the Nature Cure.

F. E. Keep, M.D., and Charles McFadden, D.O., are now assisting Dr. J. H. Tilden, of Denver.

The Business Office

BRAIN AND Brawn, published monthly at Los Angeles, Cal.

Editor: Harry Ellington Brook, 508 Chamber of Commerce Building, Los Angeles. Managing editor, the same. Business manager, Clara Brook, same address. Publisher, Naturopathic Publishing Company, same address.

Owners, Naturopathic Publishing Company, 508 Chamber of Commerce Building, Los Angeles.

Names and addresses of stockholders holding one per cent. or more of total amount of stock: Carl Schultz, 508 Chamber of Commerce Building, Los Angeles; Harry Ellington Brook, same address; Henry Gross, 315 West Pico Street, Los Angeles.

Known bond holders, mortgagees, and other security holders holding one per cent. or more of total amount of bonds, mortgages and other securities: None.

CLARA BROOK, Business Manager.

Signed and sworn to before me, Sept. 29, 1913, J. C. Oliver, Notary Public, Chamber of Commerce Building, Los Angeles. Commission expires March 8, 1917.

The Dietetic and Hygienic Gazette, a large monthly, clubs with BRAIN AND Brawn at \$1.20 a year, for the two, a bargain price.

At Pelton's News Agency, 233 South Spring Street, you will always find BRAIN AND Brawn; also thousands of publications, including English, French, German and Spanish.

Our Advertisers

[NOTE:—Only approved advertisements will be inserted in this magazine. No advertisements of drugs, fake remedies, or off-color doctors accepted at any price. This will keep out some people, but it will make advertising space of more value to those who come in. Any complaints about advertisers whose notices appear in these columns will receive immediate attention from the publishers. If desired, advertisements will be written by the editor without extra charge. Copy should be received not later than the 17th of the month.]

HEALTH RESORTS.

Those looking for a health resort near Los Angeles have a choice between the spacious and well-equipped sanatorium at Long Beach, near the ocean, the picturesque foothill health resort of the Caldwells, near Pasadena, the Weinmann Health Institute, at Glendale, with an office in Los Angeles, the California Health Institute, of Dr. Greth, on Seventh Street, the Gernhardt place on East Adams Street, and the private health home of Dr. Margaret Goettler in Pasadena. Farther away is the original Kneipp sanatorium, in San Diego, and the unique health home of Dr. Berggren, in Coronado. There should be more of such places, and there will be more when people value their health.

HONEY.

If you want real, first-class honey made by bees, under the supervision of a scientific expert, you should write to C. W. Dayton, of Owensmouth, the bee man.

NAPRAPATHY.

Naprapathy is a new drugless method of healing, for which great claims are made. The Chicago College of Naprapathy advertises in this number.

MALT TONIC.

Now that the cool weather is coming on, you may be looking for a mild stimulant, for there is not one person in ten thousand, including the prohibitionists, who use no stimulants whatever. Malt tonic is much more wholesome as a "bracer" than tea or coffee.

PHYSICIANS' APPLIANCES.

Medical friends of BRAIN AND Brawn should drop in at Wilferth's on South Broadway, where they may come across something that will lighten their labors, and assist their patients.

A WHOLESOME FOOD.

Van Houten's "Vitality" food is far superior to any of the widely advertised breakfast foods. It is the best thing of its kind I know of. I use it myself, and recommend it to my consultants. It is a sovereign remedy for dyspepsia, gas in the bowels, and constipation. It should be eaten dry, with a few leaves of raw green stuff. Give it a trial, and you will thank me for calling it to your attention.

A HYDRO INSTITUTE.

The "hydro" idea has been spreading from Germany to England, and is now beginning to reach America. As to the advantage of hydrotherapy, see article in this number. Prof. Robert Denney has a commodious hydropathic institute for men and women in the Columbia Trust Building, where, in addition to the water cure, light, alcohol and other treatments are given.

GERMAN SANATORIUM.

J. F. Gernhardt has opened a modern, home-like sanatorium, with sunny, airy rooms, in a quiet district, at 726 East Adams street, Los Angeles. Hydrotherapy, electrotherapy, and German and Swedish massage are given by experts of both sexes.

Professor: There is no time to lose. Telephone to your relatives and go at once to my sanatorium, for your appendix must come out today.

Patient: But Professor, you cut it out last year.

Professor: So! Well, in that case, the matter is not so urgent.—*Fliegende Blaetter.*

Need Any Money?

WE want everywhere responsible agents—male or female, young, old or middle-aged—to act as subscription agents for this magazine. Liberal commission paid. You may break the eight-hour law every day, including Sunday, or you may work an hour once a week, just as you please. It is an easy and pleasant way of earning money, not like peddling, as the magazine practically sells itself—that is to say, among those who can think even a little. And while you are earning money you will be doing good, a rather rare combination.

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To Advertisers Who Think

WISE advertisers recognize the value of quality as well as quantity. A very large purchaser of advertising space was recently quoted in Harper's Weekly as saying: "Mere circulation without a definite value, although usually advanced as a chief argument, means nothing. Magazines deservedly held in highest regard produce most sure and profitable results."

I would not recommend you to advertise drugs or hog products here, but if you have a good thing that appeals to our class of thrifty people who think, an advertisement will yield profit if you give it a fair trial—say for not less than three months. Readers go through this magazine every month "from kiver to kiver."

Our advertisements are carefully censored. Readers know we accept nothing "off color." This makes space more valuable. Any intelligent man is willing to pay more for a residence lot with restrictions, than for one where he may have a laundry on one side and a sawmill on the other.

If you wish, I will write your advertisement, without extra charge. Some of my friends are kind enough to say that I am no "slouch" of a writer. And I have had thirty-seven years' experience in California, so I know my people. Otherwise, our advertising manager, Ralph Lanehart, will cheerfully furnish you with full particulars.

Our address is 508 Chamber of Commerce Building, Los Angeles. Telephone (Sunset) Main 5364.

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NON de L'Enclos, the "woman who never grew old," was still charming when she died, at the age of 91, and one of her male friends and followers, to whom she imparted her secrets of beauty, is said at the age of 89, to have inspired one of the famous beauties of the English Court with an ardent attachment. One of the main secrets of this woman disclosed after her death by her chief maid, was a face mask, which she wore at night.



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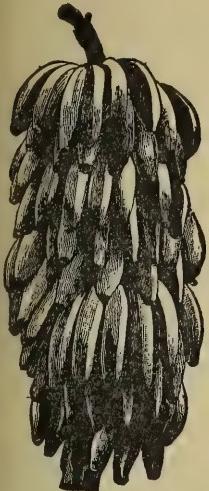
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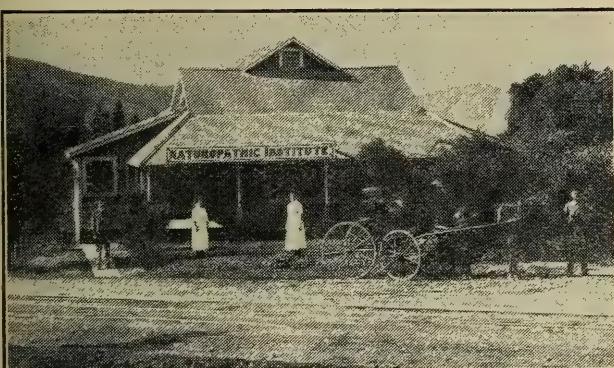


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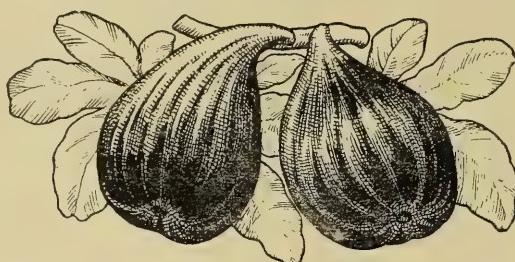
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BRAIN AND BAWN

THIS magazine is devoted mainly to the following purposes:

The instruction of the people in regard to the Nature

Cure, or drugless method of healing disease, including such natural aids to nature as diet, exercise, fresh air, spinal manipulation (osteopathy, chiropractic, etc.), massage, hydropathy, and mental suggestion.

The combating of medical errors and crimes, such as the poisoning of the blood with filthy animal virus, the absurd exaggerations of the germ theory, the suppression of symptoms instead of removing the cause of disease, the scaring of the people with false ideas in regard to infection and useless quarantines, drugging, vivisection, and unnecessary surgical operations.

Medical as well as religious and political freedom. The right of every man to choose his own physician as he chooses his own priest—or goes without one.

Education of the people in regard to the laws of health, and the cause of disease, especially in regard to diet.

Advocacy of pure food, and descriptions of adulterations.

Exposure of heartless and scoundrelly quacks, both "regular" and irregular, who prey upon the sufferings of poor humanity, not even attempting to cure diseases they are powerless to cure, so long as the victim has money.

Information regarding fake remedies that never have, could or would cure disease, but only serve to deplete the purse of the patient.

Eugenics, or the right of a woman to control her own body—to say when and under what conditions she shall conceive—and the right of the child to be well born.

The humane treatment of children and animals.

The establishment of universal peace, with honor.

The "back to the land" idea, showing the advantages of a "little land well tilled," to furnish small productive homes to those now dependent on precarious wages in our congested cities.

The simple life and the uplift of humanity.

Our health platform is as follows:

1. Disease is an effort of nature to remove poisonous or morbid matter from the system, and to restore normal conditions.

2. Drugs taken into the stomach, and filthy animal matter injected into the blood interfere with these healing processes of nature, suppressing symptoms of disease, while never effecting a cure.

3. The germ theory is a superstition. Germs are not the cause but an effect of disease, just as maggots are not the cause of rotting meat. Many germs are not only harmless, but are beneficial and necessary. At any time you may find in the throats of many people who will never get those diseases, the germs of diphtheria, cholera, tuberculosis, and other so-called "infectious" diseases.

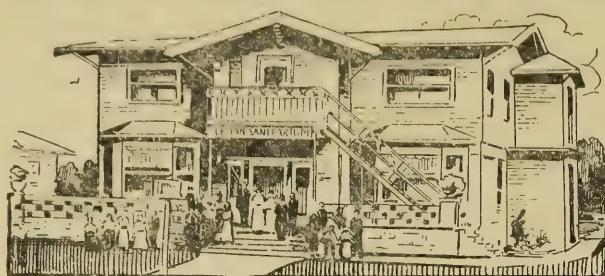
4. There is no such thing as "infection" or "contagion," as generally understood. Skin diseases or blood diseases may be passed from one person to another by direct contact, where there is an abrasion of the skin. Therefore, all quarantine is useless annoyance.

5. There are no superfluous organs. A great majority of surgical operations performed now-a-days are not only unnecessary, but dangerous and harmful, and should be forbidden by law.

6. There are rational means of aiding nature to purify the system and restore health. Among these are diet, fasting, active and passive exercise, hydrotherapy, the adjustment of the spine, (osteopathy, chiropractic, etc.), deep breathing of fresh air, sun and air baths, rest, sleep and mental suggestion.

7. Next to air, food is the most vital of all subjects relating to the care of the body. Food is the material of which the body is formed. You cannot make a good suit of clothes out of bad wool. As a man eateth so is he.

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Brain and Brawn

DECEMBER, 1913

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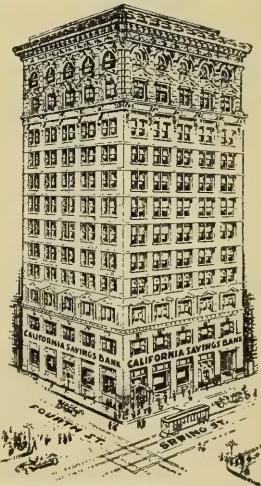
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Vol. II

LOS ANGELES, DECEMBER, 1913

No. 7

Climate, Crime and Disease

THE condition of the atmosphere has much to do with our physical and mental, and even with our moral condition. Why not? We could live less than five minutes without air.

An old English saying runs: "When the wind is in the East, 'tis neither good for man nor beast." Sometimes, when you get up in the morning, and the air is dry and full of electricity—as it so often is in this semi-arid southwestern country—you are likely to feel irritable, nervous, and morose. Next day, when the wind comes from another direction, or after a rain has washed the air, and it contains plenty of moisture, you feel like a different being.

Epidemics of disease are largely due to atmospheric conditions, affecting those whose blood is impure, and, therefore, lacking in resistance. Those who have made a study of this subject can almost predict when an epidemic of smallpox is due.

I recently received from Dr. Alexander Haig, of London, a reprint of an interesting article from the Vegetarian Messenger, of April last, on "Bracing versus Relaxing Climate." It is signed "M.D." I suspect that this "M.D." is Dr. Haig himself. Here are a few somewhat novel suggestions:

A bracing climate is just one more means (like tea, coffee, alcohol and opium) of calling out reserves and getting, for a time, above the line of nutrition. * * *

If a man goes to a relaxing climate, as it is called, he will not call out his reserves but will keep them intact. He will not accumulate waste products, as they will pass out day by day. He will not do too much, he may even be a little below nutrition level or line; but when he gets back home he will still have his reserves intact and will have no accumulation of waste products to deal with. * * *

Bracing climates may be useful to those who, living on wrong foods, are low, poisoned, depressed, full of waste products and below their proper nutrition line of combustion and power. But it is obviously better still to have lived naturally and so to be always on the line, neither above nor below it and to carry all the work of life in your stride. * * *

What then is the last word about climate? Leave the bracing climate for those who are ill or convalescing or who are in danger of their lives from accumulating waste products. Get on to right lines in diet and drink, and one will find that all things will work together more and more for their good.

We justly boast about our 300 days a year of sunshine in Southern California—although a "tenderfoot" who happened to spend May and June of this year in Los Angeles might be inclined to doubt. Wait a little, however, before we boast so much. There are motes in the sunbeams.

In the great city of London, the metropolis of the world, with a population of 7,000,000 souls, there were within a recent twelve months only twelve murders committed. In the city of Los Angeles, with a

population then of about 400,000, or less than one-twentieth that of London, there were within the same period an equal number of murders committed—twelve. The disproportion between the two cities in the number of burglaries was still greater. As to divorces, we probably have five times as many in Los Angeles as in London. California also leads all states in the Union in the per capita number of suicides and insane. In 1911 the rate of suicide per hundred thousand population in the whole United States was 19.6 as compared with 17.7 for 1910. The rate in New York was 16.5; Chicago, 21.4; Los Angeles, 35.2; San Francisco, 37.5; and San Diego, 59.9.

This might lead some persons to indorse the theory of Lt. Col. Charles Woodruff, of the U. S. Army, who claims that continued bright sunlight is harmful to the blond races, producing insanity and crime, and that the only parts of the United States fit for the white race to live in are the Puget Sound country and Alaska. I suggested to Col. Woodruff that blond boys at the beach become tanned like Yaqui Indians. He replied that the eyes do not tan, which is true. Always shield the eyes from the sun. One may have too much of the sun. I found that out nearly fifty years ago, when I spent a July in Italy, where they had a saying: "Only dogs and Englishmen walk in the sun." Here are truthful remarks on California sunshine, put into the mouth of his hero by Jack London, in his latest book "*The Valley of the Moon*:

"Too much sun ain't good. I've worked that out. Sunshine is like liquor. Did you ever notice how good you felt when the sun comes out after a week of cloudy weather? Well, that sunshine was just like a jolt of whisky. Had the same effect. Made you feel good all over. Now when you're swimmin', an' come out an' lay in the sun, how good you feel. That's because you're lappin' up a sun cocktail. But suppose you lay there in the sand a couple of hours. You don't feel so good. You're so slow movin' it takes you a long time to dress. You go home draggin' your legs an' feelin' rotten, with all the life sapped outa you. What's that? It's the 'katzenjammer.' You've ben souused to the ears in sunshine, like so much whisky, an' now you're payin' for it. That's why fog in the climate is best."

I recently came across the following suggestion as to the effect of high mountain sunshine on the skin. It is from an interesting article on "*A Physician's Vacation*" by Dr. Douglas W. Montgomery, of San Francisco, in the California State Journal of Medicine for May last:

The light of the high mountains, because of being very rich in actinic rays, is much more active in causing this degeneration than that of the sea level. As the light travels down through the atmosphere the short, chemic, actinic rays are much more rapidly absorbed than the longer red rays of the heat end of the spectrum. This richness in actinic rays of light at high altitudes is the reason why snow burn in the mountains is so much more severe than at lower levels.

Jack London writes as follows of his experience, gathered during a long sailing trip among the islands of the South Pacific:

White men in the tropics undergo radical changes of nature. They become savage, merciless. They commit monstrous acts of cruelty that they would never dream of committing in their original temperate climate. They become nervous, irritable and less moral; and they drink as they never drank before. Drinking is one of the many forms of degeneration that set in when white men are exposed too long to too much white light. The increase of alcoholic consumption is automatic. The tropics is no place for a long sojourn. White men seem doomed to die anyway, and the heavy drinking expedites the process. They don't reason about it. They just do it.

This, together with the free consumption of that poisonous drug, quinine, explains many of the unspeakable brutalities perpetrated by white men in tropical countries, as, for instance, the Congo, and East Africa, and Brazil.

In order to follow up this idea a little further, I wrote to the Chief of Police of Seattle, asking for the number of murders committed there during the same period of twelve months as that above referred to. The answer was three—one-fourth as many as in Los Angeles or in London. Seattle claimed a population of about 320,000. This would seem to confirm the Woodruff theory. However, in order to prove that theory, it would be necessary to gather a large number of statistics showing the complexion of criminals in California.

According to N. R. Taylor, local weather forecaster at Sacramento, the dry wind which occasionally sweeps down the Sacramento Valley increases the number of murders, and other crimes. Mr. Taylor also mentions that in the early days of California the arid and aggravating norther was always considered as an extenuating circumstance in a murder.

While Los Angeles may excel in crime, it also excels in the civic and social virtues, and in enterprise. In fact, it excels in everything. However, we certainly ought not to be satisfied so long as we have as many murders here in a year as in the English metropolis.

We must also consider drinking habits. In the north of Europe, or in Northern Canada a man may consume daily a quart of whisky and not notice any immediate ill effects. If, however, he tries to do the same in the mild, electric, stimulating climate of Southern California, instead of drinking light wine or beer he will soon begin to suffer, becoming physically, mentally, and morally unbalanced. Yet, as London says above, white men are inclined to drink more in the tropics than they do at home. No wonder the results are so often disastrous, not only to the white men, but also to the unfortunate natives.

Finally, I come to the most important question of diet touched upon by Dr. Haig—a question one never can escape from, whether in the tropics, or in the Arctic Circle. The physical—and consequently mental and moral—ill-effects of a tropical climate on white men may be greatly modified by adopting an abstemious, fruitarian dietary. This has been fully proved on the Gold Coast of West Africa, one of the most unhealthy climates in the world, and in other places, by men who have preserved their health and sanity and morals for many years, by adopting a diet natural to the country in which they live. Anglo-Saxons alone, among the races of the earth, contemptuous of "niggers," as they term all dark skinned races—some of whom are superior to the average white—seldom adapt themselves to their surroundings, carrying their dietetic and other habits wherever they go—and suffering for it.

This is an interesting subject for investigation. Perhaps some who have spare time may follow it out.

Excess in drinking is not quite so bad as excess in eating.—Dio Lewis, M.D.

Cure for "Swell Head"

PERHAPS you will be disappointed in this—it is not a physical, but a mental cure for a troublesome ailment, which so often afflicts—your neighbors.

At the Royal Observatory of Greenwich, England, they have for two years been engaged in counting the stars. So far they have counted and classified over fifty millions, using a photographic plate that reproduces stars so faint as to be invisible through powerful telescopes, so inconceivably far away that their light, traveling at the rate of over 200,000 miles a second, requires thousands of years to reach the earth. Each of these stars is a sun, many of them much larger than ours, although our sun is more than a hundred times the diameter of the earth. These millions of suns each have worlds like our earth revolving around them, and many of them doubtless populated with sentient beings. For surely it would be the height of conceit for us to imagine that this is the only inhabited sphere.

After looking at the starry heavens for a time you might try—not to grasp—you cannot do that because your mind is finite—but to think of the idea of infinite space, and infinite time, that never had a beginning, and will never have an end. Note that word never, and chew it over for a time.

Then, as a further part of the cure, you might turn from the infinitely large to the infinitesimally small, and note how there are particles so minute that they dart around without interference, within an atom, like flies in the dome of a great cathedral. Quite recently science claims to have discovered the existence of an ultimate grain, as much smaller than the electron as the electron is smaller than the atom.

Yet many tiny human maggots, crawling on this pin head we call Earth, really think they are of some importance in the universe, and that it makes a difference whether they get that office, or close that financial deal, or get their portrait in the paper, just as the fuzzy, brown caterpillar doubtless thinks his particular weed is a wonderful world.

For those who can think, there is no better cure for swell head than a study of the scale on which the universe is built. Then a man begins to realize what an unimportant part he plays, and has played in the scheme of creation from the time, millions of years ago, "when you were a tadpole, and I was a fish, in the Paleozoic time," to the future period, millions of years hence, when? *Quien sabe?*

A priesthood which reads its prayers to the million in a dead language, that not one in a thousand of them can comprehend, is precisely matched by a profession which talks to the people of their health in technicalities, and writes prescriptions for doses, which they are to swallow, in Latin.—Dio Lewis, M.D.

The most menacing epidemic influence today is modern medical and surgical science. If the people could be saved from it, the saving to the country would be more than if the great white plague were wiped out!—J. H. Tilden, M.D.

Massacre of the Innocents

AT Eureka, Cal., the doctors recently worked up an epidemic scare over what they call "infantile paralysis," similar to that engineered by them in Los Angeles, in the summer of last year, until our people arose in their might and compelled the city authorities to stop the foolishness. As I said then, "infantile paralysis," a form of spinal meningitis, is as contagious as toothache.

During that senseless scare, the child of a Los Angeles woman ran out of doors and fell, bruising a limb, which began to swell. Fool neighbors immediately urged her to send for a doctor, which she refused to do, but the next day two medical inspectors arrived, and the following day came a doctor with a black bag and a squirt gun, which he jabbed into the child, notwithstanding the mother's protests. Thereafter, continually, the child screamed so frightfully in its agony that even the watchman could not stand it. Soon after the child died. A damage suit will be tried in a few months, but even if the woman wins, which is not at all likely, that will not restore her child.

Here is an extract from a recent article in the New York Commercial:

At the present time the death rate among infants in the hospital at Ellis Island is alarmingly high and well known doctors say that this is due to keeping sick children exposed to the open air, which is the most up-to-date practice, according to our ideas, but these children have been brought up in homes where fresh air at night is not highly esteemed, and the doctors are now trying to find out whether it is the fresh air or something else that is killing the babies so fast.

What do you think of that? How about the poisonous serums with which they experiment on these unfortunate children? Only recently a sensation was created in Cincinnati, when a physician charged that the application of the Flexner serum had killed several children in the City Hospital. Previously, a number of children had been rendered blind by serum experiments in the Charity Hospital of an eastern city. Yet they have the impudence to talk about the danger of fresh air. Do they believe all the people are fools?

What is called "infantile paralysis" is due entirely to abominable feeding of children, especially the stuffing of them with a surplus of starches and sweets, the starches being swallowed without mastication, to eating between meals, especially of candies, and ice creams, and to over-eating of every kind. It can only be cured if at all, by natural methods. A child that is fed properly will never develop "infantile paralysis" or any other serious disease.

Meanwhile, I think it is about time that people as intelligent as Americans are supposed to be, should once for all put an end to these absurd, useless, annoying, and expensive epidemic scares and quarantines.

We live in deeds, not years—in thoughts, not breaths—in feelings, not in figures on a dial. We should count time by heart-throbs. He most lives who thinks most—feels the noblest—acts the best.—[Philip James Bailey, 1816.]

Man's love is of man's life a thing apart. 'Tis woman's whole existence.—[Lord Byron.]

Climate and Consumption

WHEN Eastern doctors are at a loss what to do for their consumptive patients, they send them to Arizona, or Colorado, or California, usually with an introduction to some colleague. It is of no use for a sick man to move his body to a different climate, if he carries with him the bad habits that have caused his disease. You cannot elude your stomach. The main advantage of this southwestern climate is that it permits you to be, with comfort, in the open air all the year.

The lot of consumptives who come West is often pitiful, even if they have money. Away from friends and familiar surroundings, they are lonesome. Under influence of the germ superstition they find themselves pariahs. Few doors are open to them except those of consumptive hospitals, which are usually mournful places, and expensive. Besides this, the diet, from a hygienic point of view, is abominable, outrageous stuffing making a permanent recovery impossible. And perhaps also there may be injections of poisonous tuberculin "on the side." If the consumptive is poor, and seeks that myth "a light job in the open air," his condition is worse. Some Arizona communities have had to organize to protect themselves against this class of unfortunates.

In the first place, a consumptive should avoid cities in the Southwest, with their long, rainless summers, with dust containing dried consumptive sputum and other impurities. Except in modern buildings the heating facilities are lacking, and a consumptive feels keenly our crisp mornings and evenings.

Mountains, seashore and desert all have their respective advantages. The air in the Rocky Mountain region, and in the Coast Range is bracing. The odor of the pine forests is invigorating and wholesome. When there is hemorrhage the consumptive should not venture more than half a mile above sea level. The air of the seashore is soothing to sore lungs. Here the iodine of the salt water takes the place of the balsam of the pines. The desert air is dry and antiseptic. Where the body of a steer will dry up and blow away, instead of decaying, is evidently a good place for decayed lungs. Localities where sand storms prevail must, however, be avoided.

The main thing is to get next to nature—gradually to harden the body, first inwardly, by an absolutely non-stimulating and abstemious diet, and second, by exposure of the body to the elements. Let the patient build a brush hut with a few poles, chicken wire, and branches. That, as I have shown, is far preferable to a tent. A tent is much less easy to ventilate than a wooden house. Doing a little simple cooking will keep the patient from getting lonesome, although the less cooking he does the better. This is the only way. The more consumptives are stuffed the less they are nourished, for a consumptive stomach is always a sick stomach. Under the stuffing plan there may be a temporary improvement, but it never lasts, and "the last state of that man shall be worse than the first."

For further information in regard to the climate of California I refer you to an article on a later page.

Public Service

THEN none was for a party;
Then all were for the State;
Then the great man helped the poor
And the poor man loved the great;
Then lands were fairly portioned;
Then spoils were fairly sold:
The Romans were like brothers
In the brave days of old.—Macaulay.

In "England and the English" by Price Collier, who died a few weeks ago, he refers several times with surprise to the fact that so great a number of British people, as a matter of course, take up some form of public service, with no expectation of reward, save the satisfaction of knowing that they have done their duty, Mr. Collier writes:

The more prominent one is by birth, wealth, or position, the more it is looked upon as incumbent upon such an one to take an active part in local or national affairs.

This is one of the advantages of a cultured leisure class. It is also one of the reasons why an island not much larger than California is able to govern a fifth of the earth's population.

No nation can long endure where such spirit is lacking. Let us seek to arouse in this country a spirit of public service, among those who are able to spare time or money, or both, however little. Not a mere sentimental worship of a flag, or jingo-like defiance of other nations, but a sincere effort to aid in making our fellow creatures healthier and happier. One way to discourage such a spirit is to ask, whenever a man performs a public-spirited act: "What is there in it for him?"

Holding a Man

JSHOULD think intelligent spirited women would feel disgusted, if not insulted, at the suggestions continually thrown at them by the sloppy sisters who write slush in the "Woman's Column" of newspapers and magazines, telling the necessity of holding a husband's love by feminine wiles and blandishments—"sweet feminine tactics" and all that sort of thing. It is of course well that a woman should be clean, and as cheerful as the kids and the cooking will let her, but if she can only retain her man's affection by means of a smirk and a ribbon, I would let him go, and look for a more docile animal, that will stand without a marriage halter.

By the way, how about holding a wife's love? Do the Lords of Creation always take that for granted? I think they must, because whenever, as often happens, they are disillusionized, it seems to give them quite a jolt.

Not to satiate one's self with food is the science of health.—[Old Italian Proverb.]

Many a man of 30 years is capable of successfully resisting the allurements of a beautiful woman, because at the age of 5 or 6 he was taught voluntarily to give up a sweet.—[Joseph de Maistre.]

Constipation

JHEAR some readers say: "That is a rather queer subject to choose for a reading article in this family magazine." But listen a moment, dear sir or madam. Suppose it can be shown that constipation, with its attendant train of congested liver and gas in the bowels, is a prolific cause of fatal disease, lassitude, insanity, premature death, ill temper, divorce and murder. How then? It is all that and more. In July I wrote:

Constipation is the root of all evil. Some say money, but I would rather any day be afflicted with money than with constipation. Many of the great crimes of history may be traced to this cause. It has been said that the massacre of St. Bartholomew would not have occurred had the French king not been suffering from chronic constipation.

It is astonishing how long some "civilized" people manage to go without a normal movement of the bowels. I know a woman in Los Angeles who went 28 days without a motion, and she did not fast, either, although, of course, she did not eat much. In such cases the skin and lungs have to perform much extra and unnatural work.

Many whose bowels move regularly every day are constipated because the bowel is coated. Metchnikoff has shown that hardening of the arteries, and premature old age are mainly due to absorption of impurities from the colon. This shows the importance of keeping those parts clean. Constipation makes people sluggish. There is an indisposition to exertion of any kind. They have to force themselves to work. That, however, is not all. Constipation may be called the mother of diseases. If neglected, it easily leads to more fatal ailments.

Constipation is a natural consequence of our unnatural mode of life. It is one of the "blessings" that come to us with civilization. A prolific cause of constipation is false modesty, leading to neglect of natural functions. Then, if drugs are taken—"mild aperients" or "harmless cathartics," which outrage the internal organs—the foundation is laid for a chronic condition of constipation, and its attendant train of ills. As Elbert Hubbard says, "Drugs that work while you sleep will later prevent your working when you wake."

Some say that there should be a motion of the bowels after each meal. Horace Fletcher claims that when one eats according to his method, the bowels do not need to move oftener than once in five days. These are two extremes. Once a day is a good rule.

It is commonly believed by those who take things for granted, and do not think for themselves, that bran acts as a sort of broom, sweeping out the intestines. On the other hand, Alfred McCann says, in "Starving America," that when bran is leached in distilled water, the phosphorus is extracted, and that such bran fed to cows produces constipation. Therefore, he claims that it is not the coarse particles, but the phosphorus contained in them that is responsible for the laxative effects produced by the bran. He should have said not phosphorus only, but the other eleven mineral elements contained in the body, and in natural food, the lack of which is the cause of so many disorders. Prof. B. H. Jones, of Pittsburgh, writes to me:

I find that in soaking bran, which has some of the meat of the kernel, commonly called middlings, by straining out the coarse flake of the bran, the water and finer substances possess the laxative properties.

Again, my friend D. Edson Smith, the veteran hygienist of Santa Ana, Cal., in a letter to me, says:

Of course natural food contains skins and seeds, and hulls, and fiber. But I think one makes a mistake in swallowing this coarsage. I swallow nothing that is not reduced to liquid state. I think the laxative effect of whole grain is owing to the natural salts in that part of the grain other than the starch, and not to the coarsage. The baby has a good bowel movement daily, but has not coarsage in its food.

There should, however, be a reasonable amount of bulk in the food, to insure proper action of the bowels. Further remarks on this subject will be found on another page.

White flour is constipating, because it is a concentrated food, and has been deprived of the organic salts contained in the bran, and just under the bran.

Of late some have introduced the use of a laxative in the shape of refined paraffin, sold under several different names. The theory is that vegetable oils are digested in the stomach, therefore, do not reach the bowel, while paraffin, being a mineral oil, goes through, acting in a purely mechanical way, without any of the injurious results following the use of all drugs, however "harmless" they may be. This may be a scheme of the resourceful Standard Oil Company to find a new "outlet" for its product. In any case it would be merely a temporary expedient, like the use of the enema. The permanent cure of constipation can only be effected by a systematic, patient, course of treatment, including a careful regulation of diet, exercise, deep breathing, bathing, and massage—a combination of natural methods. The time required for a cure depends upon the extent to which the bowels have been outraged and injured by drugs. Even castor oil is harmful. Are you aware that half a dozen beans of the castor plant, a favorite ornamental plant in Southern California, from which beans the oil is extracted, will kill a child?

In conclusion, let me add that dilation of the rectum should not be overlooked as a most valuable means of overcoming constipation.

Thinking as a Crowd

EVERY idea we have is run into a convention. We cannot think without a chairman. Our whims have secretaries; our fads have by-laws. Literature is a club. Philosophy is a society. Our reforms are mass meetings. We cannot mourn our mighty dead without Carnegie and forty vice-presidents. We remember our poets with trustees, and the immortality of a genius is watched by a standing committee. Charity is an association. Theology is a set of resolutions. Religion is an endeavor to be numerous and communicative. We awe the impenitent with crowds, convert the world with boards, and save the lost with delegates; and how Jesus of Nazareth could have done so great a work without being on a committee is beyond our ken.—Gerald Stanley Lee in "Crowds."

There the wicked cease from troubling; and there the weary are at rest. There the prisoners are at ease together; they hear not the voice of the taskmaster. The small and the great are there: and the servant is free from his master.—Job.

Splitting Fees

AT the annual meeting of the American Medical Association in Minneapolis, a few months ago, the judicial council of that body uttered a denunciation of the practice of fee splitting between "good old family doctors" and "eminent specialists," resulting in a nation-wide epidemic of operations, a large proportion of which are unnecessary. The resolution urged that members splitting fees, or giving or receiving commissions should be expelled. The assertion was made that the practice of splitting fees is prevalent in the states of California, Nebraska, Kansas, Iowa, and in New York City.

At a recent session of the Arkansas Medical Association, Dr. Charles E. Cargile, of Bentonville, said: "Some doctors place their patients into the hands of surgeons for the money there is in it for them, making the transaction one almost of merchandise in humanity."

It is sad to have to admit that some members of what should be the noblest of all professions will go so far as to jeopardize the lives of patients by recommending them to submit to operations, when the physician is not thoroughly satisfied in his own mind that such an operation is necessary. Yet the truth of this unpleasant statement cannot be avoided, as it is conclusively proved by the testimony of many physicians who deplore the prevalence of such a disgraceful condition of affairs. Physicians who do such disreputable work should not only be expelled from the societies of which they are unworthy members, but should be ostracized by all self-respecting men and women.

The Los Angeles County Medical Association has taken a step in this direction, by printing a list of its members, and placing a star against the name of each member who has stated that he did not split fees. The editor of the California State Journal of Medicine suggests that it would be a good idea to try this in the membership of the state society, designating every year in the register and directory the names of members who agree in writing not to split fees. As the editor of the State Journal says: "Anything that offers even some small relief from this pickpocket form of dishonesty would seem to be worth trying."

At the Minneapolis convention the judicial council also strongly condemned the practice of hospitals paying physicians a commission for patients sent them. This is another evil. Most of the stockholders in hospitals are physicians, and of course it is to the interest of the physician to railroad his patients to an institution in which he is financially interested.

The real foundation for the present vogue of vivisection is not scientific zeal, or anything even remotely connected with science. It rests simply on the question of money and monetary profits. Underneath it lie the interests of the persons who procure huge fortunes by selling serums and manufacturing novel drugs. There is nothing scientific about it; it is nothing but medical graft.—Dr. Herbert Snow, 29 years chief surgeon London Cancer Hospital.

Higher than Law

MRS. PANKHURST told the Immigration Board in New York that she held human life sacred, and never advocated the taking of life. That was one of the weakest arguments she could have used in the United States. Evidently she was not aware that we venerate property above humanity. A horse thief will be promptly hanged, while a murderer may perhaps stay in jail, if he cannot afford to hire high-priced lawyers. Here, in California, two-thirds of a vote is required to authorize the expenditure of money, while a question affecting the rights and liberties of the people requires only a bare majority.

We hear much about the Majesty of the Law. We should remember that laws are made by men who are fallible, "even as you and I." There is something higher than Law. It is Justice. Unfortunately the two are not always identical.

In New York, a young woman lost her arm in cog wheels, which a New York statute required her employer to guard. The Court of Appeals of New York held that because this girl kept at work, knowing her employer was refusing to give her the protection the law directed him to give, she assumed the risk, and waived the right to damages. This is, I suppose, an instance of good law, but you will scarcely claim that the decision was in accordance with justice. Only such laws as are founded on justice are worthy of respect.

Ex-President Taft has declared that "existing conditions in the courts of America are a disgrace." I quoted recently from a statement made by an eastern judge, at a meeting of the New Jersey Bar Association. It is worth repeating, because it is not only true, but important. He said: "If you continue to hold property sacred above the human being who makes it, revolution will result."

Many laws rest upon a ridiculous foundation. One English law still enforced, is based upon an error made by a clerk in copying a statute of the British Parliament in the days of King Edward III, 600 years ago.

Here are a few other remarks on the subject by men whom you cannot pretend to call "anarchists," or "dangerous demagogues." Alfred Russell Wallace, one of the world's great thinkers, who died a few weeks ago, in a book published not long before his death, makes the following statement. He refers to law in England, where proceedings are swift and sure, as compared with those prevailing in America:

Our administration of what we call "justice" (and of which we are so proud because our judges cannot be bribed) is utterly unjust, because it is based on a system of money fees at every step; because it is so cumbrous and full of technicalities as to need the employment of attorneys and counsel at great cost, and because all petty offenses are punishable by fine or imprisonment, which makes poverty itself a crime, while it allows those with money to go practically free.

Judge William L. Kelly, of Minnesota, recently declared:

If all the law books in the country were burned in a single night we would have better laws in ten years than we have at the present time.

Therefore, as you see, before we insist so strongly on strict obedience to the Law, we should endeavor to make it worthy of such obedience. In other words, Law and Justice should as far as possible be synonymous.

Climate and Wages

A LOS ANGELES evening paper recently created something of a stir by calling attention to the fact that there are in Los Angeles, today, hundreds of men and women unable to get work, and thousands of others working for less than a living wage. Many who came here expecting to get clerical positions have had to leave their families and go to seek laboring jobs elsewhere.

There is more than a little truth in this, and not good, but harm will result, if the truth is suppressed. We are beginning to reap the harvest we have been sowing for twenty years in inviting to this earthly paradise "all sorts and conditions of men," without making any distinctions whatever. We have invited the people of the world to come and cast in their lots with us, and they are coming—people of all kinds, rich and poor, moral and criminal, competent and incompetent. Our chickens are coming home to roost. We have created a Frankenstein that we shall find hard to control. After the Panama Canal is in operation conditions will be much worse, for then the flood gates will be open to the impecunious and illiterate of Southern Europe, beguiled to these shores by grossly exaggerated stories of mercenary steamship agents. It is beginning to dawn upon the minds of some among us, usually referred to as "prominent citizens" that these people will have to live after they get here, and that if they are not furnished with a means of livelihood their financial support will fall, either directly or indirectly, upon the tax payers. This at once gives the question a real interest, for you see it touches the pocketbooks.

"*Los Angeles City and County*," published by the Los Angeles Chamber of Commerce, is a handsome, illustrated book, now in its twenty-fifth edition, of which over a million copies have been circulated. It was written by me, and I have edited each new edition as it appeared. There has always been printed in it a page under the headings, "*A Word of Warning*," and "*A Few Don'ts*." Following is an extract:

Don't imagine that it is an easy thing to find a soft job, at good pay, in Los Angeles, or elsewhere in Southern California. On the contrary, this is probably the least promising city of the size in the United States for persons who are seeking light employment, in the shape of clerking, or book-keeping, or anything of that kind, as well as for lawyers, and doctors, and parsons and other professional men, or for people who desire to run a small store of some kind. The reason for this is that Southern California is the Mecca for thousands of those who desire a mild climate, many of whom are glad to make enough to pay their board and lodging.

Some individuals and firms have not been so conscientious and conservative as the Chamber of Commerce. The railroads, as a rule confine themselves to handsomely illustrated advertising, depicting in "fine writing" the charms and attractions of this "Garden of Eden." Many real estate men are honorable and confine themselves to the truth, but there are some among them who have circulated exaggerated and misleading reports about possibilities here, looking only to get the money of the new arrival for a house and lot, to be paid for "just like rent," or for a few acres of fruit or eucalyptus grove, that is to yield a princely income within a few years.

The fact is, as I have said above, Los Angeles is one of the worst places in the country in which to look for a light job at fair wages.

In other words, the better the climate the lower the remuneration. If you want to enjoy the delights of an almost perfect climate like that of Southern California, then you must be prepared to pay for them. If you are alone concerned about good wages, with little competition seek out some snowy, semi Arctic, or tropical malarial region. Here, in Los Angeles, you may hire men of education, speaking several languages, as bookkeepers or correspondents, at a little more than enough to pay the cost of their board and lodging, because there are hundreds or thousands of them who consider that whatever they receive in the way of wages places them so much ahead, as they come here for their health. That makes it hard on those who are not here for their health. To a less extent, the same is true of the mechanical trades. Farm laborers find they have to compete with Mexicans, Chinese, Japanese and Hindoos.

Let us learn to avoid misrepresentation. During the thirty-five years I have been writing, my motto has always been "The truth about California is good enough." Those who induce people to come here by misrepresentation are enemies of the State.

Dangers of Ignorance

ARECENT census of India showed that two hundred and seventy-eight millions of the population are illiterate. This is a serious reflection on British rule, which in the main has been good for India, but during the long period in which the British have been in control, they should at least have taught reading and writing to these fine featured, docile people, whom the British officers contemptuously refer to as "niggers," although most of them are far superior in mental qualities to their beef-eating rulers. In these days of the printing press and telegraph, you cannot possibly keep knowledge from percolating through the masses, and then they are likely to acquire perverted knowledge, like children who are kept ignorant about sex. In the Philippines and Porto Rico the United States is wisely pursuing a different policy.

Mexico is another country that is suffering from the effects of ignorance. Diaz had a generation in which to educate the people of that country. He failed to do so, and now he is in exile, while the country is torn by revolution. Russia is another "horrible example."

Ignorance is a most dangerous thing. Ignorance is the mother of Fear and Superstition, and they in turn breed Cruelty and Rapine, and Bloodshed.

Nowhere in the world, except in medicine and religion, are questions of vital interest to humanity settled without an impartial and unprejudiced judge or jury, and without a willingness to even concede that there may be possibly another side to the question.—J. H. Tilden, M.D.

Pain is nature's rational protest against violated law, and her voice should not be stifled until the outrage against which she is crying is stopped.—Thomas H. Wilson.

Briefs

The latest victim of the dangerous X-ray is Dr. Leonard of Philadelphia, a pioneer experimenter.

The U. S. consumes 100,000,000 gallons more beer than Germany.

Friedmann says he will return to America to see his patients. Also to collect a little more easy American money.

A Los Angeles hotel man says the American custom of living in hotels destroys family life, and breeds envy, jealousy, idleness, and wastefulness. Correct.

The Swiss "Society of Public Utility for Women" demands medical examination of women before marriage. More women's rights.

Carnegie admits taking a drink of whisky daily, but says he and Emperor William take it by doctors' orders, so it does not come under the head of drinking. Funny.

In a divorce case, a supreme judge of Washington state ruled that a woman has the right to warm her feet on her husband's back. Is the right reciprocal?

First hat pins that poke you in the eye in a crowd if you are tall, now side feathers that tickle your nose. Bachelors should beware of such brainless women.

After the importer, jobber, wholesaler, and retailer get their shares, how much will the consumer benefit by the tariff?

I saw a "Health Brand" vinegar. There is no such thing. It is doubly fermented or rotted. Substitute lemon juice.

Dr. Evans, "ex-commissioner of health," says: "Skin disease does not come from impure blood." Guess again.

William Vernon Backus, Cleveland capitalist, has founded "Talosophy," described as "the art of making happiness epidemic." Good!

Owing to dull business, employees of the Illinois Steel Company will work "only" six days a week.

Australia imported cats to kill rabbits, then dogs to kill cats. Now they want to kill the dogs. Hard to circumvent nature.

A man threw a rock through a restaurant window in New York because they served him 42 beans for 15c. Can you blame him?

A San Bernardino druggist gave a would-be suicide colored water. He swallowed it, writhed in agony, and was taken to a hospital on the brink of death.

A man in Breslau, Germany, was imprisoned for a fortnight for staring at a policeman.

Paris consumed 16,000 horses in 1911. Oakland, Cal., authorities have forbidden the slaughtering of horses for food.

In Great Britain 280 cities maintain municipal markets at a profit.

A physician declares that first-born children are more likely to inherit constitutional defects. Honeymoon excesses and coddling.

The "Lancet" has become a convert to the no-breakfast plan.

A German professor says the Don Juan type "gives mankind the higher vitality it needs."

Over 1,500,000 residents of New York spend at least a portion of each day under ground. Poor people.

A leading California poultryman says the chicken business is the hardest business in the world to learn. Yet how many are advised, when all else fails, to raise chickens?

Canada and Brazil are both larger than the United States.

English worship a lord, Americans a millionaire.

Reading newspaper headlines, one might suppose that crimes, misdemeanors and accidents are the chief happenings of the day.

Kansas proposes to check divorce by teaching cooking. What's the matter with Kansas? She's all right.

In Babylonia, 4200 years ago pupils studied geography, history, geology and theology.

The Bavarian Minister of Finance proposes to tax all "soft drinks" to check the prohibition movement.

In the latest Paris society dance they crawl around on the floor. Good hygienic exercise.

In a local paper women have been discussing the relative qualities of English and American husbands. Foolishness. A husband is not a nation. He is an individual.

Mrs. A. B. Lockhart, of Redlands, Cal., cast off 35 pounds of superfluous weight by a 30 days' fast.

Less than 18 per cent. of Italians of voting age in this country are naturalized citizens.

Great joke by Los Angeles boys Hallowe'en. Dark night. Lumber obstructions on road. Automobile turns turtle. One girl killed, five seriously injured. Almost as good as a comic supplement.

Last month Oregon voters by a large majority rejected a law to sterilize habitual criminals. The Supreme Court of New Jersey declares such a law unconstitutional.

BRAIN AND BRAWN

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

Vol. II

LOS ANGELES, DECEMBER, 1913

No. 7

An Ideal Christmas Present

What more ideal, and at the same time inexpensive Christmas present could you make to a distant friend, than a year's subscription to BRAIN AND Brawn? Every month for a year that friend will be reminded of you—a Christmas present on the installment plan—and all at the cost of a dollar—six subscriptions for five dollars. Send us a list of half a dozen names and addresses, with remittance, and we will do the rest, telling the recipient the name of the donor. Do it today.

Booms that Burst in the Night

DURING the past quarter of a century, Southern California has suffered from a succession of booms, aside from the almost ever-present real estate boom. Among others that I recall, there have been booms in petroleum stock, mining stocks, eucalyptus growing, (two) Belgian hares, and last, but not least, building associations. During the past year I have several times warned my readers against exaggerated promises held out by speculative building societies. In view of recent developments, some of my readers may possibly agree that it would have been better had they heeded my advice.

There are indications that the next boom will be in small farms—"A Fortune on a Fourth of an Acre," and that kind of thing. Both building associations and small farms are good, under proper conditions. It all depends. I shall have something to say on this subject later on. Meantime, let me suggest that booms are dangerous things to monkey with. The wise man follows the rule: "Buy 'em when they're low, and sell 'em when they're high."

A physician, like a poet, is born, not made. The born physician feels sympathy for suffering humanity and a solemn responsibility in giving advice that may make or mar a life.

It needs but a glance at the papers to show that lawlessness is increasing. You cannot cure a social or a physical ill by suppressing the symptoms. Remove the cause.

Showing Their Hands

AT last the political doctors of the American Medical Association have come into the open and have asked for control of medical practice in the United States. House bill 8606, introduced in Congress September 27 by Reilly of Connecticut, provides that any one desiring to practice medicine "shall fulfill all the requirements of the American Medical Association," an autocratic body against which there is a serious revolt in the ranks of the "regulars." Under this proposed law a "United States Medical Licensing Board" would be created, composed of six medical officers of the army, navy and marine hospital corps, all belonging, of course, to the allopathic, or drugging, serum injecting and carving school of medicine.

A few months ago Dr. John B. Murphy of the A. M. A. said: "A Federal health bureau, with supervision over all health subjects, offers the only logical control of American medical practice." The Reilly bill would establish Federal control of medical practice and vest the power in the American Medical Association. Just now the A. M. A. should sing small. It is on the defensive. The revolt within its ranks is assuming great proportions. As you will see on another page Dr. Lydston of Chicago has won a long legal fight against the bosses of this medical trust.

Our forefathers laid down their lives for religious liberty. Should it ever become necessary, American citizens will not hesitate to take up arms in defense of the physical welfare of themselves and of those they love.

The Air We Breathe

IN this number you will find sundry remarks about climate, particularly California climate, that may interest you.

Remember, however, that no climate will do you any good unless you breathe fully—unless you use all of your lungs. Breathe more and eat less, and you will soon notice a wonderful improvement in your condition.

Why is it that so many, condemned by physicians to die within a few days or weeks unless operated on, are still alive and kicking? Is it ignorance or graft?

Intelligent and broad-minded physicians admit the error of the heavy drugging and blood letting and mal-treatment of fever patients of former days. Can they not realize the possibility that the serum treatment now so popular, may also be a ghastly mistake?

Our Postal Czar

CHICAGO has set a good example by introducing lectures on sex hygiene in the public schools. This instruction will doubtless save many young lives from shipwreck. A public spirited organization desired to circulate these lectures, in pamphlet form. The Postmaster General barred them from the mails. Yet, salacious novels, written with deliberate purpose of pandering to lewd instincts, are freely circulated.

It is a wonder that the Postoffice Department has overlooked the several series of excellent books on sex hygiene, such as the "Self and Sex" series, of Rev. Sylvanus Stall, of which millions have been sold, all over the world.

I submit that this is a dangerous and unreasonable power to place in the hands of one man, however good a man he may be.

A good feature of the new State medical law is a provision for revocation of licenses. If the board does its duty, this may weed out some "specialists" who prey on fear and suffering.

Almost everyone says the last number was the best. I cannot, of course, keep that up indefinitely, or the magazine would be too good to be true, but I promise it shall not go backward.

Abou Ben Adhem

ABOU BEN ADHEM (may his tribe increase)
Awoke one night from a deep dream of peace,
And saw, within the moonlight in his room,
Making it rich, and like a lily in bloom,
An angel, writing in a book of gold:
Exceeding peace had made Ben Adhem bold,
And to the presence in the room he said,
"What writest thou?"—The vision raised its head,
And, with a look made of all sweet accord,
Answered, "The names of those who love the Lord."
"And is mine one?" said Abou. "Nay, not so,"
Replied the angel. Abou spoke more low,
But cheerily still; and said, "I pray thee, then,
Write me as one that loves his fellow-men."
The angel wrote, and vanished. The next night
It came again with a great awakening light,
And showed the names whom love of God had bless'd,
And lo! Ben Adhem's name led all the rest.—Leigh Hunt.

If any man can convince me and bring home to me that I do not think or act aright, gladly will I change, for I search after truth, by which man never yet was harmed, but he is harmed who abideth on till in his deception and ignorance.—Marcus Aurelius.

Brooklets

Newspapers are to a war what picadors are to a bull fight.

* * *

Women are seldom happier than when spending money—because most of them seldom have much to spend.

* * *

Business is a confidence game. It is based on credit.

* * *

It is easy to call a man a "crank" or a "demagogue." To the Pharisees Jesus was both.

* * *

Burglars are not safe advisers regarding the construction of safes.

* * *

Why do publications emphasize the bestial in human nature?

* * *

A man growls at paying forty cents for a saucepan and then cheerfully pays four dollars for a box of cigars.

* * *

As between an aristocracy and a plutocracy give me the former.

* * *

A good person, continually nagging to have things just so, is a thorn in the flesh.

* * *

No man understands a woman. She does not understand herself. And only one kind of woman understands a man.

* * *

Some men are chiefly dress. Some magazines are mainly cover.

* * *

Money will buy many things, but it cannot buy the two greatest of all things, Health and Happiness.

* * *

Real industrial freedom must include freedom for small manufacturers from unfair competition by monopolies and trusts.

* * *

What the people need is the establishment of a school of statesmanship that will fix the country up so it will not need saving so often

* * *

The man who sits at a desk cannot safely eat like a plowman.

* * *

For every drunkard a hundred suffer from autointoxication, the result of habitual overeating.

* * *

The Pilgrims were protestants; the Puritans were religious bigots.

* * *

Don't argue with drunkards or quarreling married couples.

* * *

Wives are sometimes expensive, other people's wives still more so.

* * *

Better lend a man fifty cents while he is alive than pay five dollars for a wreath on his coffin.

The Climate of California

THIS article is intended for readers in the East and abroad, many of whom are thinking of coming to California.

You may find some people who are dissatisfied with the climate of California. Some people would complain about draughts in Heaven. They go away from time to time to a Pacific island, or to Florida, or elsewhere, where it is more moist and more romantic, but I notice that they usually come back—if they are able to get back.

One should spend a whole year in a section, and travel all over it, before venturing to criticise a climate. Especially is this true of California, extending from below 32 to 42 degrees of latitude, and from 200 feet below sea level to the highest elevation in the United States. In August, you may sweat under 100 degrees in the shade in the Sacramento Valley, while a hundred miles away, in San Francisco, they are wearing overcoats, and seal-skin jackets, and sitting in front of coal fires. In the winter, in Southern California, it is only two hours' journey from bearing orange groves to snow fields. The rainfall of the state ranges from an inch on the Mexican line to 100 inches sometimes on the Oregon border.

My first introduction to California climate was somewhat strenuous. In the summer of 1876, having arrived a few weeks previously from the cool, moist climate of England, I went down to Fresno, in the San Joaquin Valley, to inspect a twenty-acre tract in the first raisin colony started there. I happened to strike an excessively warm spell, and for a week of the ten days I spent there, the thermometer touched 110 every day. Fresno was a scattered aggregation of mean buildings with the courthouse on the outskirts, the vacant lots cluttered up with tin cans and playing cards. I lodged at the colony in a primitive boarding house built of thin lumber. At breakfast time the pitiless sun already beat down, while myriads of flies disputed the right to hotcakes and syrup, and fried bacon and muddy coffee. The only way I could get half way comfortable during that week was to go out at night, strip, and lie down in an irrigation ditch.

Now, if I had gone straight back home I should probably have believed until today that the climate of California was something like hell. That was the first time in my life I had sweated so thoroughly, and it did me a lot of good.

I have lived over thirty-seven years in California, traversing the state from Ukiah on the north, to National City on the south. I have also traveled over the greater part of Europe, and spent a month on the celebrated Riviera of the Mediterranean. Therefore, I speak not as a "tenderfoot," but as one having, if not authority, at least knowledge of the subject. I say deliberately that those who cannot find a climate to suit them somewhere between the Mexican and the Oregon line, between the Sierra and the sea, will find no climate on earth to suit them. As long as a man eats wrong, and carries within him dyspepsia, and its allied ills, no climate can possibly suit him. A man cannot run away from his stomach.

California is beginning to be recognized as a summer resort. Increasing crowds troop in during the summer months from Arizona, and Nevada, and the East. Within 30 miles of the coast, the summer climate is delightful. Our occasional three days of a "hot spell" would be regarded as a "blessed relief" during an Eastern hot wave. Even inland, where the thermometer runs high in summer, the air is so dry, facilitating perspiration, that a tem-

perature of 100 degrees is less uncomfortable than one of 80 on the Atlantic Coast. And then the nights are always cool. What that means in the way of comfort and recuperation I need not say to those of my readers who have tossed and sweated away a warm summer night in one of the Eastern cities.

The records of the Los Angeles Weather Bureau show that during the thirty-six years it has been established, the temperature has gone to 100 degrees, or over, only 42 times, and to 32 degrees, or below, only 28 times.

A remarkable tribute to the climate of Southern California was paid recently by Dr. Stanislaus Hanzlik, Professor of Climatology in the Imperial Bohemian University of Prague, who, having heard so much about this climate, came here a few months ago to study it. He said:

"The climate in Southern California is more even in temperature and desirable than that of any other country in the world that has come under the observations of students, and climatology, as it is taught today, gives systematic knowledge of the climates of practically all portions of the earth.

"The climate of Italy and other parts of the Mediterranean countries have been regarded as ideal. But the extremes there are much greater than in Southern California. The claims made for the climate of Southern California are based on scientific facts and cannot be refuted."

The secrets of California's phenomenally fine climate are two. First; the warm Japanese current, which gives Pacific points a temperature far above those in the same latitude on the Atlantic Coast, and second; the hot, arid deserts on the east, which heat and rarify the air, causing it to rise. This is followed regularly, every day, by a cool suction from the ocean, beginning at about eleven o'clock in the morning, so regularly that one may almost set a watch by it.

We of the California mesas, who have two lungs and a good circulation, might wish for a colder and more snappy winter. There are many thousands in this state who have never seen snow, except at a distance. We of the south might also wish for more of the natural wood and natural water of northern California in place of eucalyptus groves and irrigation canals. However, by moving around, one can find anything one wants in the shape of climate, without crossing the boundary of the state. That is to say, except blizzards, tornadoes, and cyclones. Thunder storms are occasionally heard away off in the mountains, but they are very rare on the plains.

California polo ponies are the best in the world. They are unusually keen of intellect, and think fast. They are high strung, owing to the large percentage of electricity in the air. The same is true of human beings, and to some extent explains our frequent divorces. For this reason Southern California is better adapted to brunettes of a phlegmatic disposition than to nervous blonds. Those of nervous temperament should be specially careful in regard to the use of stimulants.

Outsiders are fond of "joshing" us about our "glorious climate." It is this glorious climate that is mainly responsible for the growth of Los Angeles from 11,000 in 1880 to 500,000 in 1913. Therefore, I think I am justified in claiming that it is a rather profitable joke.

Anesthesia and Modern Surgery up to date have been an evil. More people have been injured and killed by them than have been benefited and saved. Anesthetics have made unnecessary surgery possible, and today there is, without doubt, ninety per cent. too much cutting done.—J. H. Tilden, M.D.

Diet for the Constipated

FOllowing is contributed by Tell Berggren, proprietor of the Open Air Health Home and School at Coronado, Cal.:

The leading cause of constipation is improper diet. Not that diet alone will always cure. To this must be added exercise, sun, air and water baths, and other natural methods. I have found a moderate fast, followed by an exclusive milk diet, an excellent thing to begin with. Fletcherize your food. Eat at regular hours. Drink water freely between meals. Avoid all fried foods, and everything made of white flour. Bran furnishes bulk. It also has the capacity for holding moisture until it reaches the lower bowels thus allowing a free rectal passage. Biscuits of bran and whole wheat are good.

Many constipated people suffer from starch indigestion. They should avoid cereals, or only eat a little well dextrinized and thoroughly masticated. If there is a deficient secretion of juice in the intestines, as is the case in so many people, the starch is not properly digested. The result is that the intestines become clogged with undigested remnants of food, which decompose and ferment, throwing off great quantities of poisons. These poisons are soon absorbed into the circulation and cause an almost inconceivable variety of troubles.

Eat freely of fresh fruit, raw and green leaves. They contain the important organic salts, unchanged. All the fruits are good. Bananas, apples, oranges, dried figs, prunes, raisins, dates, pineapples, lemons and ripe olives are available at nearly all seasons of the year. Always use lemon juice in place of vinegar. Berries, mashed and sweetened with honey, are appetizing and wholesome. Sour milk, or buttermilk, usually agrees where sweet milk does not, and may be better combined with other foods. "Cottage" or sour milk cheese is good. Avoid all dishes made from boiled milk, as they are very constipating. Avoid tea, coffee and alcohol. You may use malted milk, Mel-lin's food or similar preparations. A teaspoonful of honey in a cup of hot water is wholesome.

Use as little salt as possible. The raw leaves and fruits contain all the chlorine and sodium necessary to supply the needs of the body, and they are in organic form. Honey and maple sugar, if you can get them pure, are much more wholesome than cane sugar.

As I have said, a rational diet is only one of the means of curing disease. It must always be accompanied by sunshine, fresh air, exercise, proper mental attitude, rest and recreation.

Many people spend the greater part of their lives with the one object of having a daily bowel movement and the acceptance or rejection of any particular food depends rather upon its laxative quality than upon its nutritive value or its palatability. This is a great mistake. Eat nourishing food and forget about your bowels. If they fail to move, don't gulp down a dose of castor oil. Just live on fruit for a day or so and give nature a chance to catch up. Use the above suggestions as a skipper would a chart—to show your general course and point out the reefs and shoals, but do not forget all about your destination and spend the rest of your voyage in dodging rocks. It would be better far to throw away the chart, stick to your course and take a chance on running aground occasionally.

Climate and Cocoanuts

A YEAR ago, in the December, 1912 number, under the heading "A Cocoanut Crank," I referred to a series of remarkable articles, and still more remarkable verses, by August Engelhardt, that have been running for many months in the Naturopath, of New York, in which Engelhardt urges the eating of cocoanuts, and of cocoanuts alone, as the one great means of physical, mental and moral rejuvenation. In that article I said:

"What service is this man doing to humanity, by lying naked in the sun and chewing cocoanuts? It is nothing to brag about. In America we call such people loafers. Monkeys go naked and eat nuts, but we do not regard them as a high ideal or human beings to copy after. 'Tis not the whole of life to live; nor all of death to die."

"The cocoanut is a valuable food, as are all other nuts. It is delicious when fresh, but cannot be shipped fresh, and is more or less dry and insipid as we know it. How many of the human race could live on the tropical shores where only cocoanuts may be grown? Engelhardt refers to the cocoanut as a 'perfect food.' It is not, because it is quite low in the important organic salts, and entirely deficient in iron, as is fish. This undoubtedly accounts to some extent for the prevalence of leprosy and beri-beri, and other diseases among people whose diet consists largely of fish and cocoanuts. Where cocoanuts form a large part of the diet, fruits or raw green stuff should always be eaten with them."

The Englehardt articles have since been published in book form by Benedict Lust, N.D., editor of the Naturopath, under the heading "A Care-Free Future." [Nature Cure Publishing Co., Butler, N. J., paper 75c, cloth \$1.00.]

In the Vegetarische Warte (Frankfort on the Main) for August 16, 1913, appeared an article by G. Staudenmaier who, in May, 1912, spent four weeks at Englehardt's place on the island of Kabakon, on the Pacific Ocean, for the purpose of investigation. I condense these statements from his article:

Englehardt is as thin as a skeleton, with hollow cheeks, and arms and legs like beanstalks, the legs bandaged on account of open wounds. He walks with the aid of a cane. His body is shaken frequently by nervous twitches. He wears a piece of linen around the loins, otherwise he is naked. This thirty-six-year-old apostle presents the appearance of an old man of 75. Two black servants take care of him, for which service they receive frequent blows. Instead of living on cocoanuts alone, he imports all kinds of delicacies from Germany. He runs his plantation like other owners, for money, with the aid of 40 native laborers, who work hard from daylight to dark, for which they receive two or three pieces of tobacco, a loin cloth, sweet potatoes, rice, and occasionally fish. Engelhardt lies for two or three hours daily in the burning sun, until the sweat pours off him, after which he indulges in several bottles of imported "dope." He suffers from kidney trouble, for which he takes regularly a drug imported from Munich.

Thus, we see that this cocoanut apostle is not only a crank, but a pretender. I am rather surprised that Benedict Lust should give so much space to his maunderings and rhapsodies, as Lust is a practical business man, and I am sure he would not be content to spend many months on a Pacific island, lying naked in the sun and eating cocoanuts.

Dr. A. P. Davis's big book, "Neuropathy," listed on another page, is most valuable to those who wish to learn the rudiments of drugless healing, osteopathy, chiropractic, the eye, etc.

Do You Expect a Baby?

MOST Americans seem to be more concerned about avoiding children than getting them. John L. Sullivan, that eminent authority on the human form, was recently quoted as saying: "It's gettin' so that if a man wants a family he's got to guarantee his wife he'll buy her a plaster of paris cast so she won't lose her shape." John L. is unjust. My experience goes to show that there are far more American husbands than wives who object to the coming of children.

The woman who expects a child may greatly ease her time of trial, and greatly improve the child she bears, by attention to a few simple hygienic rules during pregnancy and lactation. Most women know less on this important subject than they do about cooking—and many of them know little enough about that.

Dr. Carl Schultz is preparing a book, in which he will treat upon the care of the child in health and sickness, and how to bring healthy children into the world. The book will be written especially for mothers. If you want a copy, send in your name and address to the Naturopathic Publishing Company. Send no money. When the book appears, which will be in a few months, you will be notified. The price will probably be a dollar.

Good Music

SOME public-spirited Los Angeles women, aided by a few good men-folk, reorganized the Los Angeles Symphony concerts for the seventeenth season, and got together an orchestra of sixty pieces, the like of which has not before been heard hereabouts. Adolph Tandler, the leader, is a young Viennese who will become famous, if his soul does not prematurely burn out his body. When conducting he looks like the embodiment of the Spirit of Music. Prominent among those who have indefatigably worked for the upbuilding of this orchestra is the treasurer, Mrs. J. O. Koepfli, whose husband is also an appreciative lover of good music.

Los Angeles people will now have a chance to show whether they care for classical music as much as they do for ragtime. The first performances given by the orchestra November 14-15 were most successful. It is proposed to give a pair of concerts every month.

The A. M. A. Loses a Long Battle

G. FRANK Lydston, M.D., of Chicago, a born fighter, has won a battle of over three years, against the American Medical Association, otherwise known as the "Medical Trust." The Appellate Court of Cook county rendered a decision which means that the Association must be restored to its members, from whom it was filched by an oligarchy fifteen years ago. See my article "Who's Who in the A. M. A.?" in the August number. Since then the rank and file has had nothing to say in the conduct of its affairs. Among other things, Dr. George H. Simmons, Poobah Secretary, will be forbidden to hold three offices at once.

Dr. Lydston made his fight without the support of his professional brethren, and is, therefore, entitled to the full credit for this victory. It is significant that only one Chicago paper made a brief reference to this most important decision, which as *Medical Freedom* says: "delivered a terrific blow to one of the most perfect political machines this country has produced."

The New State Board of Medical Examiners

THE new State Board of Medical Examiners, at its first meeting, in Sacramento, October 14, elected as its president Dr. W. W. Vanderburgh, of San Francisco, osteopath. He is the second osteopath to occupy the position. Following is from the Southern California Practitioner for November:

"The first examinations will be held in San Francisco, the second Wednesday in January, 1914, the second examinations in Los Angeles the last Tuesday in June, 1914, and the third, also in Los Angeles, the last Tuesday in October, 1914. In order that approximately 500 doctors from other States may practice as soon as possible, another meeting will be held soon to consider the applications for 'reciprocity certificates.'"

Malaria

THERE is little malaria in California, owing to the dryness of the atmosphere, and the absence of decaying vegetation. We are not altogether free from it, however. Thirty-five years ago, when I spent six months in Folsom—no, not in the big State institution, but in a fruit packing house, where I worked for a couple of months when I was broke—I had an experience with malaria, which I found was quite prevalent in that healthy-looking foothill town. I now believe it was due to an enormous pile of fermenting grape stems in the yard of the canning factory, which emitted a horrible odor. This, in combination with the wretched, greasy boarding-house grub. I was as yellow as a lemon for several weeks, so that people would turn and stare at me on the streets of San Francisco.

Malaria is not due to mosquitoes, as modern "medical science," crazy over the germ theory, insists. As its name implies, it is due to bad air, arising from decaying vegetation in swampy ground which affects those whose blood has been made impure through wrong diet. Clean up the swamps and the mosquitoes go, as well as the malaria.

A Stuffed Club

AS I have previously remarked, every reader of BRAIN AND BRAWN should also be a reader of Dr. J. H. Tilden's Stuffed Club. Dr. Tilden has the advantage over me of having for many years practiced as a "regular" before he saw a great light, and left the drugging, bug chasing, serum injecting and carving school of medicine. If you are not already a subscriber, send to Denver for a sample copy of the magazine.

Dietetic Laws

DIETETIC law breakers must always pay the penalty.—Brain and Brawn. Just so. But listen! Who makes these dietetic laws?

Talk about your two and seventy jarring sects, there are about two and seventy thousand jarring authorities on grub, each infallible.—Henry James in Los Angeles Tribune.

Well, how is this: Never eat when you are not hungry, and then eat only sufficient to satisfy hunger. Sounds simple, doesn't it?

Trutters

THIS is not about the "Turkey Trot." It refers to the hog trot. Pigs' trotters are esteemed as a great delicacy by some people. The waste matter of the body naturally sinks to the feet. That is why the feet should be washed every day.

The hog is an unclean animal, even at the best. It has been provided by nature with extra openings in the foreleg, to let some of the foul matter escape. Moses was right in forbidding the use of pork. The Jews doubtless owe much of their wonderful vitality to the observance of this rule, although now-a-days many of them break it. What, then, are we to think of hogs fed on slaughter house refuse, making them carnivora, like foxes and wolves, or on garbage—festering garbage, alive with maggots—as are thousands near Los Angeles, under contract with the municipal authorities? Many of these hogs drop dead from disease before they can be killed.

A few weeks ago, when unloading hog delicatessen at the dump, a human foot was discovered among the garbage. Thereupon the contractors refused to collect further from the hospitals. It really seems to me that these contractors are too finicky. It may have been a clean foot, you know. At least, it was probably cleaner than the ordinary menu provided for hogs that furnish Los Angeles people with their "tender" pork corps.

Swimming for Health

FOllowing is contributed by Prof. T. Wilkinson, teacher of swimming at the Bimini Baths, Los Angeles:

Swimming invigorates the system and purifies the body, so that it offers no foothold for germs of disease. I have taught swimming for thirty-nine years without a day's illness. I have not even "enjoyed" a headache. At Bimini Baths, for nearly four years, I have been in the water on an average eight hours daily, without a day's vacation.

By using the back stroke, or resting stroke, which I originated, one may swim a long distance without exertion. It strengthens almost every muscle in the body, from neck to toe. Next in importance is the graceful side stroke, a speedy stroke, becoming very popular, as the swimmer glides through the water silently and quickly, with very little effort.

I aim to make my pupils swim at least one mile as easily as they walk that distance. Few swimmers really know how to swim. The majority mistake splashing for swimming, strain the muscles, twist the neck, and body in an awkward manner, become exhausted in 50 or 100 yards, and cannot swim a mile to save their own lives. Such people call swimming a strenuous exercise.

Again let me say: Swimming is an art superior to all others for the promotion and preservation of health. Everyone should consider it a duty to learn to swim.

As knowledge and enlightenment increase and are applied, then preachers, doctors, dentists, lawyers and all other persons that live from the sins of humanity will decrease in number and at last be entirely eliminated.—Robert T. Aiston, D.D.S.

When Alienists Differ

FOllowing are opinions of two eminent "alienists" regarding Harry Thaw, who recently escaped from an asylum for the criminal insane:

Dr. Brittan D. Evans, medical director of New Jersey State Hospital at Morris Plains:

"I am glad the boy is free, and I hope he can retain his freedom to the end of his days. He is no more crazy than any of the rest of us who walk the streets free men. He is no more insane than half a hundred men who have been released from Sing Sing and other prisons, after having committed the same offense that sent Harry K. Thaw up."

Dr. George B. Campbell of the New York State Hospital Commission said: "I have examined Harry K. Thaw and am convinced that he is a criminal lunatic. He is a danger to any community in which he might live, for he is likely to break out at any time into a maniacal fury. I think most of the physicians who have examined him, with the exception of those employed by his family, are of the same opinion."

Why Men Don't Marry

AT the October meeting of the Sunset Club, of Los Angeles, the subject for discussion was "Why have we 17,000,000 unmarried adults in the United States?" Several bachelor members of the club were heard from, and a couple of married men.

The first main reason that there are so many unmarried people of marriageable age is that the luxuries of yesterday are the necessities of today, and that young people want to begin where their parents left off. Honest poverty is no longer in good repute.

The second main reason is that, seeing little chance of marrying, women, in ever increasing numbers, are supplanting men in industrial positions, and at lower salaries. This lessens the power of men to support wives. And so it goes, an endless chain.

Tinkering with the effects of this condition will do no good. As over and over again I have attempted to impress upon my readers, in social as well as in physical ailments the cause must be removed, or there can be no permanent cure. That implies a social revolution, and that, again you know, is dangerous "demagoguery," or "anarchy," as you may prefer to call it. So what are you going to do about it?

Anti-Vaccination Congress

DR. MONTAGUE A. LEVESON will attend the Anti-vaccination Congress to be held in Rome next April. He asks all those who can contribute photographs showing some of the ill-effects of vaccination to send them to him. A reliable, clinical history of each case must accompany the photographs. Address all communications to Mrs. Diana Belais, 456 4th Avenue, New York.

The medical profession's stereotyped shibboleth is: "Eat good, nourishing food and plenty of it. You must eat to keep up your strength." Too much "good, nourishing food" will cause weakness of a far more dangerous character than too little.—Robert T. Aiston, D.D.S.

A Raw Food Dinner

AN uncooked food dinner was given a few weeks ago by the Los Angeles Physical Culture Union, at Otto Carqué's, 1607 Magnolia Avenue, Los Angeles. The motto of the menu was "Der Mensch ist Was er isst." Following was the bill of fare:

Fruit and Nut Salad, California style; Sliced Bananas with Grated Cocoanut, Tahiti style; Vegetable Salad with Mayonnaise or Nut Cream Dressing, Physical Culture style; Shelled Nuts and Fresh Fruits; Sundried Black Mission Figs softened in water; Hot and Cold Grape Juice Lemonade; Unfermented Whole Wheat Bread; Whole Wheat Crackers.

At the foot of the bill of fare was printed the following by Otto Carqué:

"Simplicity in diet is the keynote to mental and physical health, strength and efficiency. Ill health is caused by over eating and eating too great a variety of foods at the same meal. The secret of perfect digestion lies in eating only one or two kinds of food at the same meal."

Addresses were delivered by Dr. Peebles, Dr. Bourgonjon, David White, J. Barrett, and Otto Carqué.

ANNUAL REPORT LOS ANGELES CO. PIONEER SOCIETY.

This volume of 84 pages contains some interesting papers read at meetings of the society, of which I have the honor to be a member. The society meets on the first Tuesday evening of each month, at 953 West Seventh Street. Membership \$2, dues \$1 per year. Secretary, August Wackerbarth.

Health Advice by Mail

AS editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of BRAIN AND Brawn, it has been my privilege to give dietetic and other advice by mail to hundreds of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydropathy are valuable, and sometimes indispensable means of aiding nature. Any honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. "As a man eateth so is he."

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

Among chronic ailments that yield readily to this method are Constipation, Dyspepsia, Asthma, Rheumatism, Consumption (in earlier stages), Nervous Prostration, Liver and Kidney diseases.

I perform no miracles. I promise no cure. Nobody ever cured anybody. Whoever says he can cure anybody is a fool or a knave. Nature alone cures. All I do is to point out the way.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of hygienic home treatment.

Harry Ellington Brook M.D.

Mail Address, P. O. Box 612, Los Angeles, California.

Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

BODILY HOUSE-CLEANING.

R. L.—Do not be scared at the unpleasant symptoms that accompany the early stages of the Nature Cure, when the body is full of impurities. You cannot very well have a house-cleaning without raising some dust, even if you use a vacuum cleaner, and the more dust that has accumulated the more will be raised. The moment you give nature a chance, she proceeds to do what she is always trying to do—cast forth morbid matter from the system. Many are scared at this, because they have been taught by the “regulars” that such symptoms of cure are disease and must be suppressed.

POTATOES.

J. B. K.—Potatoes, both Irish and sweet, when properly cooked, are one of the most wholesome forms of starch. The proper way to cook the potato is to bake it. It must be mealy, and a little of the skin should be eaten with it. You may add a little butter and pepper if you please. The next best way is to boil it in the skin and then mash it. Peeling takes away most of the valuable qualities of the tuber. The Irish develop great strength and live long on a diet largely composed of potatoes and buttermilk, a good combination.

CHEWING.

G. S.—Chewing may, of course, be over-done, like anything else, but for one who chews too much a thousand chew too little. In a recently published book, Fletcher modifies his theory in regard to the chewing of food. The chief object of chewing is to prepare the starch for digestion by thoroughly mixing it with the saliva. “Raw” starch is an unnatural food, and I recommend my consultants to avoid it, eating only that which has been thoroughly dextrinized.

Meat does not need to be chewed, but then, meat I regard as an unnatural food for man.

UTERINE DISPLACEMENTS.

R. T. B.—I cannot do better than quote to you the following passage from “Our Digestions” by the late Dr. Lewis, M.D.:

“There are numberless sufferers from uterine displacements and inflammations, who submit to an endless round of indecent and torturing applications without avail, who might by lying down flat, with the shoulders as low as the hips, and having a little daily kneading and percussion of the lower part of the abdomen, obtain a relief which they can get by no other means.”

To this I add that it is impossible to cure uterine displacements, piles, rupture, or anything of that kind, so long as there is habitual gas in the bowels, pressing down on the sensitive parts. Such gas is caused by wrong foods, or wrong combinations of right foods.

Hox Hopuli

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

A HORRIBLE PUN.

You say in a recent number that the Bible does not make mention of baseball. How about the first line in the first chapter of Genesis: "In the big-inning."—H. L. Christy, San Ysidro, Cal.

LIKES THE LITERARY STYLE.

Please send me a sample of the magazine, so that I may get the address correctly to send the subscription. I would like it for its literary value more than for its hygienic or medicinal value. I overheard a little reading from the magazine, and was at once struck by the peculiar humorous and witty style.—Gustave Edlund, Sebastopol, Sonoma Co., Cal.

FIGS AND FLATTERY.

Carqué Pure Food Co., Los Angeles, Cal.: I find your ad in BRAIN AND Brawn. Well, keep it there. It's the ablest health publication in America. Herewith I enclose you three one dollar bills. Kindly send me a ten-pound package of your black mission figs.—Zach Shed, 1301 E. 18th Ave., Denver, Colo.

FROM ALL OVER THE WORLD.

It is only fair that you should hear from your advertisers as to results. From my small advertisement in BRAIN AND Brawn I have received during the past three months letters from England, Cuba, Siberia, South America, Canal Zone, Mexico, South Africa, Ceylon, Madras, Calcutta, and other points in India, Norway, New Zealand, Alaska and Canada, besides letters from nearly every state in the Union, saying: "Saw ad in BRAIN AND Brawn." For a little magazine published "out in the wild and wooly West"—a magazine whose editor does not believe in the sacred microbe, nor sacred medical laws, and who is so cranky and utterly absurd that he preaches the doctrine of rational diet and clean living—my returns show up fairly well. It is funny, but there must be a lot of other cranks in the world. Letters on file.—George W. Carey, Teacher of the Chemistry of Life, Los Angeles.

WIDELY CIRCULATED.

It might afford you some satisfaction to know that the small advertisement of "Constipine" placed in BRAIN AND Brawn has brought results that one could hardly believe possible in a magazine of such modest pretensions. Replies have come from Cuba to Washington, and from San Francisco to Michigan. It certainly shows that BRAIN AND Brawn is widely circulated and read—advertisements and all.—Constipine Sales Co., 505 Ferguson Bldg., Los Angeles.

SAYS I AM "VULGAR."

I haven't ordered a renewal, and have not received any since my subscription ran out in July. I do not care to continue it. I think the magazine might be improved if the editor were more choice with his language. Plain language is all right, but it does not need to be vulgar.—Mrs. F. H. Fay, 2501 Romeo St., Los Angeles.

[Webster's New International Dictionary thus defines "vulgar": "Of or pertaining to the multitude, common people, or general public; vernacular." In my writings I always aim to use such common language as will easily be understood by the multitude or common people, for whom I chiefly write.—Ed.]

JESUS "OF NAZARETH."

On page 173, November number, you refer to "Jesus of Nazareth." Jesus may have been a long-haired Nazarene, but if you can find an authentic account of a village in Palestine called Nazareth, until long after Jesus' time, please let me know.—D. Edson Smith, Santa Ana, Cal.

[I think it matters little. If more would follow his simple teachings, unadulterated by churhianity, this would be a pleasanter world to live in. Several cities claim to be the birthplace of Homer. Some say of him, as others say of Jesus, that he never existed.—Ed.]

SAVE MONEY BY SUBSCRIBING.

Enclosed find a dollar to apply on subscription. Can't afford to be without it. One ought to pay for it easily, as all he would need to do would be to take the editor's advice, skip a few meals, and be ahead physically, mentally, morally and financially.—C. B. Drake, 180 Grand Ave., East Detroit.

YOU MEN:**Stop Running After Quacks.**

Otherwise you will lose both health and money. Nature alone cures. Give her a chance.

The Hygienic T. Bandage is a simple natural remedy for sexual debility and other ailments of the pelvic region in men and women. It is invigorating, soothing and quieting to the nervous system. Also, valuable in cases of bladder, bowel and kidney troubles.

The Hygenic T. Bandage, worn at night, works on the well-known principle of hydropathy, or the water cure. When used in connection with reasonable attention to diet and general hygiene the curative results are marvelous.

Price \$1.75; three for \$5; postage paid. For cleanliness and convenience it is better to order three. Send loose hip measure under the clothing.

Naturopathic Publishing Company, Inc.

Chamber of Commerce Building, Los Angeles.

The Printed Page

THE TRUE HEALING ART, or Hygienic Versus Drug Medication; R. T. Trall, M.D.; order through Naturopathic Publishing Company; booklet, 102 pp., 30c postpaid.

This address, delivered over fifty years ago in the Smithsonian Institute, Washington, D. C., by the veteran hygienist, Dr. Trall, is the most powerful and convincing statement I have seen of the errors of the "regular" school of medicine, and should be read by all who wish to know the truth.

PERFECT HEALTH; How to Get it, and How to Keep It; Charles C. Haskell; published by the author, Norwich, Conn., 210 pages; price \$1.08 postpaid.

This book describes the cure of the author, a publisher, by following the no-breakfast and fasting plan of the late Dr. Dewey, of whom the author is a great admirer, and to whom the book is dedicated. It is amusing, but rather sad, to note how several of those whose cases are described, broke their fast on a bloody beefsteak, containing the impurities in the blood of the animal when it was killed. That is like taking a good bath, and then rolling in the mud. It is of little use to fast clean if a pure diet is not adopted after the fast. A long fast gives an excellent opportunity to adopt a rational dietary, because the abnormal yearning for stimulating food and drink is removed.

Dr. Dewey has done much good, but I disagree entirely with one of his teachings, namely, that fruit, except tropical fruit, should be avoided. On the contrary, I esteem fruit as the most valuable of all foods, the natural food of man. The reason why many people say fruit disagrees with them is that they eat it with other foods.

MEDICAL LIBERTY OR MEDICAL TYRANNY; Zack Shed; pamphlet, 16 pp.; published by the author, 307 Masonic Temple, Denver, Colo.; 5c postpaid, or \$2 per hundred, by express.

This is a remarkable argument delivered by Mr. Shed, who is a health specialist of Denver, before the judiciary committee of the twelfth general assembly of the State of Colorado, in 1899. It deserves to rank alongside the address of Dr. Trall, delivered in Washington fifty years ago, and should be read by all friends of medical freedom.

CURACION NATURAL DE LA AVERIOSIS; Osvaldo Seyffert, booklet, 40 pp.; published by the author, Mendoza, Zuloaga 802, Buenos Aires, Argentine Republic.

This booklet, sent to me by the author "with greetings from the far south," is a treatise in Spanish on the treatment of venereal diseases by natural methods, and a denunciation of such harmful so-called remedies as mercury, iodine and "606."

THE NEW FREEDOM; Woodrow Wilson; Doubleday, Page & Co., Garden City, N. Y.; \$1 net.

The plain direct verbiage of this book—a synopsis of campaign speeches—reminds one of Lincoln. However, you may disagree from President Wilson, you must admit that he is earnest and sincere. This is a great book. It should be read by every American.

(Authorized Announcement)

DEEP BREATHING

By D. O. HARRELL, M. D.

I BELIEVE we must all admit that deep breathing is a very desirable practice. Furthermore, we know it to be a fact that not one person in twenty, or perhaps one person in a hundred, really breathes deeply. Every physician can verify the statement that we are daily called upon to prescribe drugs for ailments that owe their cause directly to insufficient and improper breathing—Oxygen Starvation.

Breathing is the Vital Force of Life. Every muscle, nerve cell, in fact every fibre of our body, is directly dependent upon the air we breathe. Health, Strength and Endurance are impossible without well-oxygenated blood. The food we eat must combine with abundant oxygen before it can become of any value to the body. Breathing is to the body what free draught is to the steam boiler. Shut off the draught, and you will kill your fire, no matter how excellent coal you use. Similarly, if you breathe shallowly, you must become anaemic, weak and thin, no matter how carefully you may select your diet.

I might continue indefinitely to cite examples of the great physiological value of deep breathing. For instance, it is a well-known fact that worry, fear and intense mental concentration practically paralyze the breathing muscles. This depressing condition can be entirely overcome through conscious deep breathing.

The main benefit of physical exercise lies in the activity it gives the lungs. What we term "lack of healthful exercise" in reality means insufficient lung action. Exercise that does not compel vigorous deep breathing is of little real value. Unfortunately, few persons have the strength and endurance to exercise violently enough to stir the lungs into rapid action. This is especially true of women and also of men who have permitted their muscles to become weak. Common sense, therefore, dictates that the lungs should be exercised independently through deep breathing gymnastics.

Unfortunately, few persons have the slightest conception of what is really meant by deep breathing. In fact, few physicians thoroughly understand the act. Ask a dozen different physical instructors to define deep breathing, and you will receive a dozen different answers. One tells you it means the full expansion of the chest; another tells you it means abdominal breathing; the third declares it means diaphragmatic breathing, and so on.

Recently there has been brought to my notice a brochure on this important subject of respiration, that to my knowledge for the first time really treats the subject in a thoroughly scientific and practical manner. I refer to the booklet entitled "Deep Breathing," by Paul von Boeckmann, R. S. In this treatise, the author describes proper breathing, so that even the most uninformed layman can get a correct idea of the act. The booklet contains a mass of common sense teachings on the subject of Deep Breathing, and "Internal Exercise." The author has had the courage to think for himself, and to expose the weaknesses in our modern systems of physical culture.

I believe this booklet gives us the real key to constitutional strength. It shows us plainly the danger of excessive exercise, that is, the danger of developing the external body at the expense of the internal body. The author's arguments are so logical it is self-evident that his theories must be based upon vast experience. Personally, I know that his teachings are most profoundly scientific and thoroughly practical, for I have had occasion to see them tested with a number of my patients.

The booklet to which I refer can be obtained upon payment of ten cents in coin or stamps by addressing Dr. von Boeckmann directly at 2060 Tower Bldg., 110 W. 40th St., New York. The simple exercises he describes therein are in themselves well worth ten times the small price asked.

Drugless Healers

[Brief items of interest for this department, such as changes of address, firms, etc., are solicited. They should be received by the fifteenth of the month. Address letters to the editor.]

The regular monthly meeting of the Association of Naturopathic Physicians of California was held on Tuesday evening, November 11, at the office of BRAIN AND Brawn. There was a good attendance, although it might have been larger. Dr. Schultz urged the great importance of united effort on part of all drugless healers, and suggested broadening the scope of the Association by taking in laymen as "passive members," a custom that is common in Germany.

Plans were also outlined for the establishment of a first-class college, with a four years' course. Dr. Gross made some good suggestions on this subject. In such a college all natural methods of aiding nature to eliminate disease would be taught.

Dr. Schultz asked all members to do everything in their power to aid this magazine, which is fighting sturdily and uncompromisingly for medical freedom. It is not right that the main burden of supporting such a fight should fall upon outsiders.

The remains of Dr. D. D. Palmer, known as the "Founder of Chiropractic," were cremated in Los Angeles a few weeks ago. According to the last request of the deceased, nothing was said about him personally, remarks being confined to the school of healing to which he was devoted. Among the numerous floral tributes was a wreath presented by a committee representing the Naturopathic Physicians of California, consisting of Dr. August Greth, and Dr. Henry Gross.

Dr. Margaret C. Goettler, of Pasadena, has a refined and attractive home for self supporting women. As is well known, Dr. Goettler is an expert on diet.

Dr. Carl Peters and his wife, Dr. Hattie Peters, who has had 35 years experience in childbirth cases, have removed from Lemoore, Tulare County, to 6100½ Moneta Avenue, Los Angeles.

Dr. August Greth is conducting a school and bureau for nurses at the California Health Institute, on West 7th Street. Practical instruction, personal or by mail.

Dr. Robert D. Emery, Auditorium Building, is now associated with the following osteopathic physicians: Drs. Laura B. Emery, Norman G. Stewart and M. L. Burns.

Referring to a suggestion of the National Association of Drugless Practitioners, to establish a magazine, Benedict Lust, in the Naturopath, permanently asks why they do not support some of the existing magazines devoted to rational healing. One good magazine is far better than a dozen little publications without circulation or influence.

The Business Office

Pelton, the newsman, of 233 S. Spring St., has gone through a fire, but will arise from it like a phoenix and run his news agency, claimed to be the largest in the world, on a bigger scale than ever. Of course he handles BRAIN AND Brawn.

We want subscription agents everywhere for BRAIN AND Brawn. Good commission.

Our Advertisers

[NOTE:—Only approved advertisements will be inserted in this magazine. No advertisements of drugs, fake remedies, or off-color doctors accepted at any price. This will keep out some people, but it will make advertising space of more value to those who come in. Any complaints about advertisers whose notices appear in these columns will receive immediate attention from the publishers. If desired, advertisements will be written by the editor without extra charge. Copy should be received not later than the 17th of the month.]

MONEY IN THE BANK.

It is of little use to get big interest if you don't get back your capital. I should think that some recent experiences would incline many to avoid speculation and put their money in a safe place. For instance, a sound savings bank.

A FINE SWIMMING BATH.

Prof. Wilkinson, who has an article on swimming on another page, declares that during his forty years of experience as a swimming teacher, in Europe, Canada and America, he has never seen any bath where sanitary conditions are more perfect than at Bimini, or where the water is changed so often. Prof. Wilkinson is said to be the only instructor in this part of the world who guarantees proficiency in six individual lessons.

SPINAL IRRITATION.

The O. S. Publishing Company, of Los Angeles, advertises a booklet on the subject of this affection, which is the unrecognized cause of a great many diseases. Send ten cents for a copy.

A GERMAN SANATORIUM.

Latest among the sanatoria of this section is that of J. F. Gernhardt, conveniently located on East Adams St., Los Angeles. He knows his business.

HAVE PATIENCE.

I promised so many of our patrons to give them a call that I am almost ashamed to say any more on the subject. Just now, besides writing all the magazine, I have to look to much of the advertising, as we are temporarily without an advertising manager. I must, therefore, ask you to have a little more patience with me. You will see me before long.

HEALTH BY THE SEA.

Tell Berggren's advertisement shows a small view of his open air cure resort, at Coronado Beach. It fails to do it justice, but gives an idea of the attractive location. Among the reasons that Berggren succeeds are that he is enthusiastic, experienced, and conscientious. He has an interesting article in this number on diet for the constipated.

ELECTRIC APPLIANCES.

The Electro Therapeutic Appliance Co. has moved to commodious quarters with improved facilities at 227-229 O. T. Johnson Building. A repair department has been added. First class work.

TROUBLE.

Caller—"So the doctor brought you a little baby sister the other night, eh?"

Tommy—"Yeh; I guess it was the doctor done it. Anyway, I heard him tellin' pa some time ago, 'at if pa didn't pay his old bill he'd make trouble for him.'—Exchange.

Humor**THEORY AND PRACTICE.**

Doctor—"As a physician, I must condemn the use of alcoholic beverages."

Patient—"But you use them yourself."

Doctor—"Yes; but not as a physician. When I drink, I am nothing but an ordinary human being with a thirst."—Exchange.

SHE KNEW THE SYMPTOMS.

During an Episcopal convention in Boston, one of the bishops had an experience he will long remember. He was a portly man, weighing over three hundred pounds. One afternoon while walking through Boston Common he sat down on one of the benches to rest. When he attempted to get up, he failed in the effort. He tried again and failed. About this time a little girl, poorly clad, came along and was attracted by the struggles of the bishop. Stepping up to him, she exclaimed:

"Don't you want me to give you a lift?"

The bishop gazed at her in amazement and exclaimed:

"Why, you can't help me. You are too little."

"No, I am not," she replied. "I have helped my pa get up many times when he was drunker than you are."—Homiletic Review.

PARTICULAR.

"What you need," said the doctor, "is an operation."

"Very well," replied the patient. "Which operation are you cleverest at?"—Detroit Free Press.

Need Any Money?

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(Authorized Announcement)

THE HUMAN MAINSPRING

IN this age of advanced "medical science," when asserted cures are being brought to the attention of the public almost daily, it is strange that there is one simple, natural remedy for human ailments that has been almost entirely ignored, although it has been known to native tribes of all parts of the earth, from the earliest dawn of history. In the early centuries, when healing the sick was considered a sacred obligation, this method was widely used, and in this day it is common among people who refuse the poisonous drugs offered them by persistent missionaries. Some of these people, when they come to America, are astonished to learn that such a simple method is unknown to a great majority of the people of this country.

The philosophy of rectal dilation as a means of curing disease is based upon the power that nature has given the rectum with its sphincter muscles in controlling the energies of the body. The average individual does not know or realize the great importance the rectal sphincter muscles have in relation to the human system in general and almost every special organ in particular, but every person of common sense realizes that on a perfect circulation depends, generally speaking, good health.

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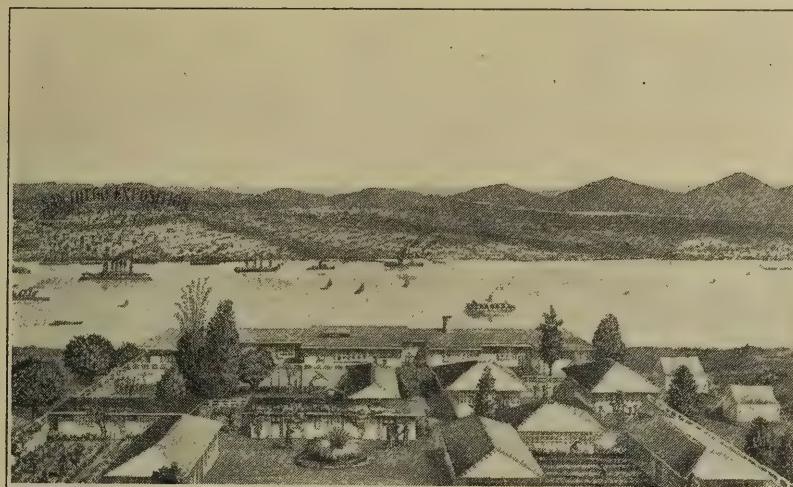
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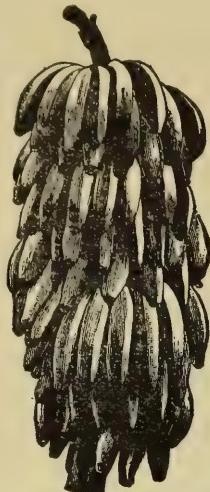
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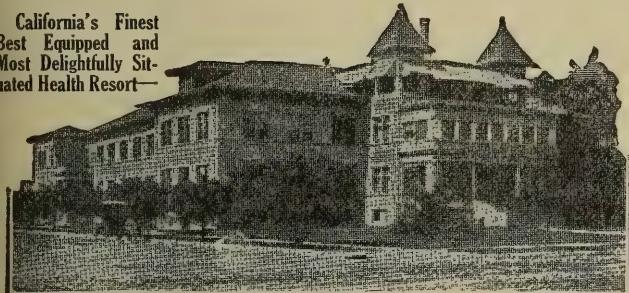
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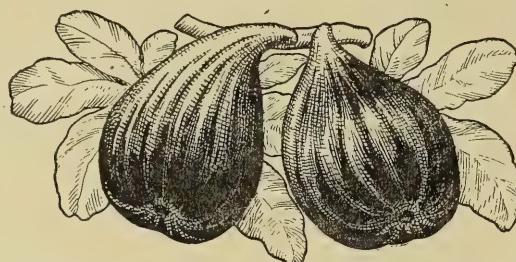
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The combating of medical errors and crimes, such as the poisoning of the blood with filthy animal virus, the absurd exaggerations of the germ theory, the suppression of symptoms instead of removing the cause of disease, the scaring of the people with false ideas in regard to infection and useless quarantines, drugging, vivisection, and unnecessary surgical operations.

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Exposure of heartless and scoundrelly quacks, both "regular" and irregular, who prey upon the sufferings of poor humanity, not even attempting to cure diseases they are powerless to cure, so long as the victim has money.

Information regarding fake remedies that never have, could or would cure disease, but only serve to deplete the purse of the patient.

Eugenics, or the right of a woman to control her own body—to say when and under what conditions she shall conceive—and the right of the child to be well born.

The humane treatment of children and animals.

The establishment of universal peace, with honor.

The "back to the land" idea, showing the advantages of a "little land well tilled," to furnish small productive homes to those now dependent on precarious wages in our congested cities.

The simple life and the uplift of humanity.

Our health platform is as follows:

1. Disease is an effort of nature to remove poisonous or morbid matter from the system, and to restore normal conditions.

2. Drugs taken into the stomach, and filthy animal matter injected into the blood interfere with these healing processes of nature, suppressing symptoms of disease, while never effecting a cure.

3. The germ theory is a superstition. Germs are not the cause but an effect of disease, just as maggots are not the cause of rotting meat. Many germs are not only harmless, but are beneficial and necessary. At any time you may find in the throats of many people who will never get those diseases, the germs of diphtheria, cholera, tuberculosis, and other so-called "infectious" diseases.

4. There is no such thing as "infection" or "contagion," as generally understood. Skin diseases or blood diseases may be passed from one person to another by direct contact, where there is an abrasion of the skin. Therefore, all quarantine is useless annoyance.

5. There are no superfluous organs. A great majority of surgical operations performed now-a-days are not only unnecessary, but dangerous and harmful, and should be forbidden by law.

6. There are rational means of aiding nature to purify the system and restore health. Among these are diet, fasting, active and passive exercise, hydrotherapy, the adjustment of the spine, (osteopathy, chiropractic, etc.), deep breathing of fresh air, sun and air baths, rest, sleep and mental suggestion.

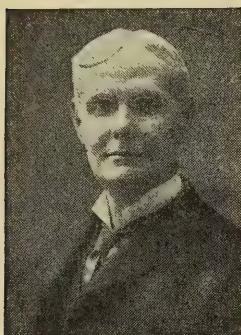
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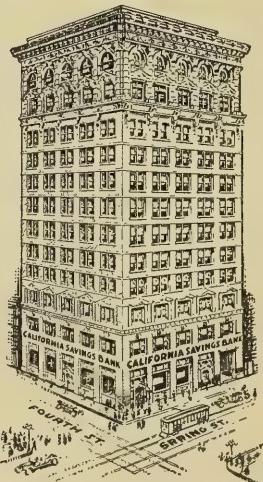
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JANUARY, 1914

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Vol. II

LOS ANGELES, JANUARY, 1914

No. 8

The Nature Cure in Australia

THERE is nothing mysterious about the natural cure of disease. It is simply what the name implies—giving nature a chance to get in her beneficent work. Nature is always trying to cure. Every outbreak of what we call “disease” is merely one of Nature’s efforts to remove morbid material from the body, and restore normal conditions. Then comes along the medical man and proceeds to suppress these helpful manifestations, and to interfere with Nature’s healing process, by putting into the sick stomach foods that cannot be digested, and become poisons, drugs that are direct poisons, and injecting into the blood filthy animal virus. After a time Nature gives up the effort to cure, and the patient dies. Or, if he recovers, the recovery is slow and painful, and perhaps he becomes a chronic invalid for life. Or the cause of the disease not having been removed, but driven back into the blood, it breaks out again in some more malignant form.

Nature will always cure when given a chance, whenever a cure is possible, as it is in almost all cases. There are, however, simple methods of aiding Nature in her task. Among these are diet, fasting, active and passive exercise, hydrotherapy, adjustment of the spine, deep breathing, sun and air baths, rest, sleep, and mental suggestion.

I have several times suggested that if a hospital were established to treat patients in a rational manner, without drugs or objectionable foods—or any food at all while seriously sick, except, perhaps, a little fruit juice—the results would be astonishingly favorable. Two such hospitals have been in existence for several years, and the results achieved have indeed been surprising. One of these is the Lady Margaret Hospital, at Bromley, in the county of Kent, England, superintended by Dr. Josiah Oldfield, a well-known London surgeon. It is a fruitarian hospital. Over two thousand operations have been performed there, and Dr. Oldfield reports that he lost only one case after operation in ten years. The other hospital at Mildura, Australia, is presided over by O. L. Abramowski, M.D. Mildura is an Australian irrigated fruit growing colony, founded by Chaffey, who laid out the flourishing settlement of Ontario, in Southern California. Twenty-five years ago Dr. Abramowski was a very sick man. He started experiments with fasting and a fruitarian diet. The favorable results achieved led to the placing of the Mildura hospital under this system, and it has now been so conducted for about ten years. In a report, Dr. Abramowski said:

“This treatment is based on the following observations:—

“Disease is practically restricted to man and his domestic animals. Free animals are nearly always healthy, like the birds in the air and the fish in the

water. The difference in living between man and the free animals will give us the cause of disease.

"Free animals live on natural food and natural drink. Man seldom likes natural food and drink; he prepares his food and drink.

"Preparation of food means, practically, the application of heat to it, or, in other words, cooking in all its different branches.

"Natural food does not need cooking, but is chemically changed—often killed—by boiling temperature, whilst a great number of unnatural food-stuffs are made eatable and digestable by heat. Cooked food is dead food.

"A diet full of dead material, forces the body to great exertion in order to extract the few living particles, or to revivify those that can essentially yet be used, and thereby weakens the constitution; while, on the other hand, it must fill the body with useless material, often decomposed and poisonous, which we call 'waste matter.'

"Waste matter, the product of cooked food, is the cause of most bodily encumbrances and impeded bodily functions. Nature may for a time accommodate this waste matter, but then it has to work under difficulties, which are the symptoms of so-called chronic diseases.

"As soon as the bodily functions cannot go on any longer under the daily increasing burden of waste matter, the process of life would come to a standstill, and death would follow, if Nature did not start a process of removing the waste matter. This process of 'burning off rubbish' in order to enable the body to go on with the work of life is called disease.

"There is only one disease. The different appearances of it are the consequence of the variable actions of the different organs used for eliminating waste matter, and of the poisons produced by different little parasites (microbes) accompanying some of these purifying processes. Disease is a beneficial process, and should never be suppressed, but should be helped and assisted to effectively do its work—viz., the restoration of the body."

These suggestions are entirely in accord with the teachings and practice of Naturopathic physicians in America, as set forth from month to month in this magazine. The main features of the treatment at Mildura are the stopping of all foods, the administration of plenty of fresh water, and sweating, or other hydrotherapeutic measures. In chronic cases a "fruit fast" is adopted, the patient being fed only on a small amount of fresh fruit. This, however, is not commenced until genuine hunger appears, which it does as soon as the tongue is clean and moist, and the temperature normal. Flushings of the colon, fresh air, and sunlight are additional helps.

Dr. Abramowski gives a detailed statement of the percentage of deaths in the hospital before and after the introduction of this system. He states that in surgical cases the fruit fast has provided a wonderful factor in purifying the blood and strengthening the healing powers of nature, so that without any antiseptic wound-poisons, using only cleanliness and sterilized water, they now heal better than they ever did before under the ordinary antiseptic treatment. This is quite in accordance with the experience of army surgeons in India and Japan, where vegetarian soldiers have recovered from wounds that would inevitably prove fatal in the case of flesh eaters.

Rich men give millions to institutions where animals are put to excruciating tortures to bolster up the false germ theory that causes the premature death of millions of human beings. How much good these men might accomplish by diverting their millions to institutions such as those above described, where the physically, mentally and morally sick may be reborn, to their own benefit, and that of society.

Pernicious Literature

JIT is not surprising that there are an increasing number of swindles in this country. Some of our leading publications seem to have become text books of aristocratic thievery. A weekly, with the largest circulation in the world, created "Get-Rich-Quick-Wallingford," a thief whose career has led many to try to imitate him. So popular was this creation that it was placed on the stage. The same journal recently started a story entitled "The Amiable Charlatan," depicting the doings of a beautiful girl who assists her father in robbing society people in London, as a joke. Then, one of the popular monthlies after an "Industrious Chevalier" began a new series of Wallingford adventures. Such publications do an incalculable amount of harm, because they are cleverly written. The old time dime novels were crude, but not altogether bad, for in them virtue always triumphed in the end. Such literature as that above referred to is much more deserving of being kept out of the mail than books and journals giving much needed instruction regarding sex.

Meantime, the colored Sunday supplements teach "kids" that to injure life and property is a joke. The movies occasionally hand out suggestions how safely safes may be cracked. And then, when young criminals, incited by these suggestions, are caught in the act, we send them to the penitentiary, a school for crime, where they are herded with hardened criminals. Great scheme, is it not?

Is it not about time that we should begin to call things by their right names—to say "stealing," not "graft," or "financiering," to refuse to associate with thieves, even when they are wealthy and clever, and to recognize the fact that for a rich man to steal a million from poor bank depositors is a much worse crime than for a hungry laborer, out of work, to steal a few dollars to buy provisions for his family. As it is, young people are being taught that big thieves are heroes. It is bad business.

The American Wife

MANY poems have been dedicated to the eyebrows of mistresses. Some day a genius will give us an epic on the American wife.

Yes, I know there are good wives and brave wives in all lands, but the peasant women of other countries are "to the manor born," knowing and asking no better lot, while middle class women are able to hire servants. Millions of American women, of gentle breeding and high aspirations, find themselves forced by circumstances to struggle with the problem of how to make ends meet and keep up a respectable appearance. And they do struggle, patiently and uncomplainingly, with household and family cares, rising too soon from a bed of childbirth or sickness to keep things going. Often the husband is indifferent, or worse.

There are American wives of another kind—those who without financial or physical excuse prefer to lavish their affection on poodle dogs and to waste their time on "society functions." For them I have only pity and contempt.

Quality Versus Quantity

JT was not until I came to America that I encountered the announcement of a child's birth with a mention of its weight, as if the mother was a prize Berkshire sow. It is a wonder we do not estimate the value of women by the pound, as they do in some countries. Having thus been started on a basis of size, it is quite natural that the young American should early become a worshipper at the shrine of Bigness. If of the average type, the things he most admires are big cities, big buildings, big steamships, big farm products, big fish, big fortunes, and even big thieves, usually known as "financiers," "promoters," or "manipulators."

Almost every mining camp has its "Palace Hotel," every overgrown town is a "city," and many colleges are "universities." Can you tell me why a city is more admirable or desirable because it contains a bigger number of people, and consequently more smoke and slums and strikes?—a few very rich people and many very poor? In my opinion, a city of 100,000 is greatly preferable as a place of residence, to one of a million. One can get all reasonable modern conveniences, improvements and luxuries. You meet people you know, and you are not so likely to be run over by an automobile. I cannot possibly see why anyone should desire a city to become very large, except those who have some financial gain to expect.

In a lecture in Paris, Ferraro, the Roman historian, a close observer of social conditions, said:

In former times quality was more important than quantity. We have now reversed the world in which our ancestors lived—piling up riches has become our aim. We have won liberty, destroyed almost all the limitations of the past, but we have had in the process to abandon almost all the ideals of artistic, moral or religious perfection held in veneration by our ancestors. Nowadays we must everywhere sacrifice quality to quantity.

The editor of the San Francisco Argonaut was recently requested to contribute to a fund of \$500,000 for use in "putting Northern California on the map." This he refused to do, and in explanation of his refusal, wrote an editorial, from which the following is an extract:

We wonder if it ever occurs to the people who are so profoundly infected with the boom spirit that a country can grow too fast for its own good. It takes time and usage—much time and much usage—to co-ordinate the forces of a community whose elements have come together from various sources. There is a limit to the ratio of new population which any community may absorb without sacrifice of its characteristic qualities. If the influx be in undue proportion it tends not so much to community progress as to community deterioration, since it takes as well as gives. There are sections of this state and of neighboring states which illustrate the principle. New population has come in so suddenly and in such numbers as literally to subordinate and overwhelm the original element. Such communities have not so much grown as they have been made over. And not always to their advantage.

Now the Argonaut is very much of a Californian. It values highly the California spirit, a spirit compounded of many influences including climate, historic isolation, traditions of many kinds and moods, etc. It is ambitious for progress not so much along material as along other lines. It would be better pleased to see an advancing civilization, with higher standards of life on the part of those who now live in the country than to see a million more people here. Looking back a few years it can but reflect that as a community we were quite as prosperous and happy with half our present population as we are now. Its enthusiasm, therefore, does not run so much to numbers as to other and to what it deems more important things.

Why is a newspaper more worth reading that weighs several pounds? Why can't a man do a good deed without our being told how many thousands—or millions—it cost him?

As I suggested last month, how pitifully mean and small these evidences of human bigness look, when compared with the scale on which the universe is built, or even the mountain ranges, and the giant trees that clothe their slopes. Even when comparing with human creations, we must stand abashed before the pyramids, constructed thousands of years before our civilization began.

This brag and bluster about bigness is partly due to the size of our country and partly to the exuberance of youth. We are young and lusty, and crow with the raucous note of the cock on his dunghill. It is a youthful disease, like mumps or measles, and we shall get over it in time. Meanwhile, men and brethren, let us learn to value quality rather than quantity, and to remember that a thing may be very, very big yet very, very bad.

Digging Graves

IT has truthfully been said that civilized men dig their graves with their teeth. Millions are engaged in this gruesome occupation. Some use their own teeth, others "store teeth," while there are not a few who manage to excavate burying holes with their gums. While the teeth, as a rule, are not over-worked, the long-suffering stomach is.

This is a painful form of slow suicide. Unless they belong to the full-blooded kind, often referred to as "pictures of health," and go swiftly to their end by the apoplexy route, they have many years of suffering and misery to look forward to, before the end comes. Meals come high now-a-days, but the price you pay the restaurant man is only a small part of what they cost you.

Insurance statistics show that of 300,000 cases in the United States and Canada, not one decidedly over-weight died of old age. Not long ago a convention of life insurance examiners agreed that the published tables of weights are ten per cent. too high. That is what I have been saying for fifty years. Also, published tables of the amount of food required are, as a rule, about fifty per cent. too high. These facts are recommended to the careful, if not prayerful, consideration of my fat friends.

This does not mean that you should be a food crank, or an ascetic. Learn the simple basic facts regarding food values, and then guide your eating accordingly, without continually worrying about what you put into your stomach, for in that way lies the road to chronic dyspepsia and insanity. You will find in simple, natural foods, with real hunger as a source, an enjoyment that no elaborate banquet ever gave you, and what is much more important, you will experience a buoyancy and joy of life that have been unknown to you since the glad days of childhood. In short, you will find that heretofore you have not been living, but merely existing.

Surely all this is worth a little study of food values, and their effect on health, strength, efficiency, and longevity.

Our Annual Benevolent Jag

J did not, this year, say anything about Christmas in the December number, because I did not wish to discourage the kindly and praiseworthy activities of "good fellows." As we in America must always over-do everything, so the Dickens Christmas is becoming more and more an annual benevolent jag, to which a great many people add an eating and drinking jag, with the natural consequence that the "spirit of Christmas" like all kinds of spirits, brings a reaction, resulting in physical, mental, and moral depression, and a more or less prolonged grouch.

With the advent of the "Shop Early" slogan, this annual benevolent jag has been extended during three weeks of December, with one week to get over Christmas and get ready for New Year's, so that one month out of the twelve is almost wiped off the calendar, as far as business and household duties are concerned.

Believe me I am far from being an "Old Scrooge" and do not wish to discourage the "spirit of Christmas," but spirits should be used in moderation. Instead of an outburst of floppy, sickly, sentimental, gushing benevolence for a couple of weeks in a year, it would, as I suggested last year, be better to spread this benevolence over the fifty weeks of the year, and instead of merely loading poor people with goodies for Christmas week, it would be better to see that the bread-winner is furnished with regular employment all the year round. Otherwise it is like the mistake of the drugging physicians who give temporary relief without removing the cause.

Idle Men and Idle Land

JT is well to be optimistic, and to look on the bright side of things, but no amount of "New Thought" affirmations-of-things-that-are-not can possibly alter or disguise the fact that business during the past few months has been decidedly dull, and that there are many thousands of honest and industrious men out of work. You may say that you do not care, but you cannot truthfully say that it is not so. And it can serve no good purpose to do the ostrich act. Rather should we face the fact and see what can be done about it.

There is no particular reason for business depression. The natural resources of this great country have not been removed or diminished. Wall Street tried to punish Wilson, as it punished Cleveland, but owing to the firmness of the administration they could not "turn the trick." They have, however, managed to disseminate a feeling of distrust, and that is almost as bad as a panic.

Locally the situation has been complicated and intensified by the embarrassment of a big building and investment company, with 20,000 stockholders, who contributed many millions of dollars. Most of these are people of moderate means, and in many cases the money tied up represents the savings of a lifetime. We are also suffering here from the effects of indiscreet literature that has been for years scattered broadcast throughout the land by interested persons, inviting all sorts and conditions of men to come to this earthly paradise.

As I said last month, we are beginning to reap the harvest we have sown. With the wheat come weeds.

Idle men on the one side, and idle land on the other, while prices of products of the soil are almost out of sight. Why not bring the idle man and the idle land together? Furnish them tools and shelter, and the necessaries of life to begin with, this expenditure to be repaid out of the first income. Many men might thus acquire a taste for the soil, to their own benefit, and that of society. This is much cheaper than boarding men in jail.

With the constant increase of efficiency systems and labor saving machinery, and the unrestricted immigration of cheap labor from Europe, many Americans must get back to the land or perish. They will not perish without first putting up a fight. They would be cravens if they did. And such a fight would cost the price of a great many shovels and shingles and sacks of wheat.

Take the Next Car

JN New York the chauffeur of an automobile coach in a funeral procession was arrested for speeding and was convicted. So it seems that in this country, even after death, we cannot avoid being rushed.

After a prolonged and heated debate, the New York aldermen made United States mail trucks amenable to speed ordinances. Not unreasonable, considering that during 1913 fifteen persons have been killed in New York by mail trucks.

The automobile has accentuated the already existing mania for speed, until that mania has become a veritable disease—a "brain storm." The effects are cumulative, like those of liquor, as witness the large number of people arrested over and over again for speeding.

Americans rush for a street car, to save a few minutes. Then, when arrived at their destination, they may sit around for an hour wondering what they shall do next. Railroads spend millions to allure passengers by cutting a couple of hours off a transcontinental schedule, and a "pleasure trip" to Europe is postponed for a week to catch a boat that has a record of 1h. 47m. under the next best. Men bolt their food with one eye on the clock, as if each minute spent in feeding the body was wasted. Considering all this, it is not at all surprising that a thoroughly well balanced nervous system is becoming a rarity, or that men break down when they should be in the prime of life. Our British brethren take things easy, yet they manage to hold a fair share of the world's business. In fact, they capture trade that American rush habits lose.

Don't rush. Remember the old English adage, "More haste worse speed." "Take the next car" is a good suggestion to bear in mind.

The human individual lives usually far within his limit; he possesses various powers which he habitually fails to use. He energizes below his maximum.—Prof. William James.

Wise men sometimes change their opinions; fools never.—Carlyle.

Quarks

THE State Board of Health has opened a campaign against medical quacks. A good thing, if done right. The first number of this magazine contained an exposure of the methods of scoundrelly "specialists," who prey on the sufferings and weaknesses of men. In comparison with these fellows a burglar is a gentleman.

As I have said, this campaign is a good thing, if done right—if conducted fairly and impartially. Members of the drug dispensing, serum-injecting, and carving school have a pleasant habit of referring to members of all other schools as "quacks." It is as easy—and often as unjust—to call a man a quack as it is to call a man a crank. Many of those referred to as quacks are better men and better physicians than those who sneer at them. There are, of course, quacks in every school, but it is a fact that many of these heartless advertising specialists have M.D. diplomas hanging in their offices.

There is a great difference between putting out of business the mercenary schemers above referred to and the prosecution and persecution of worthy healers, for the purpose of maintaining the power of one school of medicine. Hitherto, this has been too much the rule. Some of the men thus made the target of medical venom and bigotry have been true friends of humanity, showing the road to health to many who had been abandoned as hopeless by the "regulars." To class those who practice chiropractic, a helpful method of spinal adjustment, or hydrotherapy, the water cure, a method endorsed by Hippocrates, the "Father of Medicine," or naturopathy, embracing all natural methods of aiding nature—to class these men with "medical fakers" and "magnetic healers" as was recently done by a local agent of the State Board of Medical Examiners, displays either gross ignorance or malice. Naturopathy is licensed under a State law and its members in good standing have as much right to practice as allopaths or homeopaths.

The local representative above referred to has been asking for testimony from those who have not been benefited or have been injured by drugless treatments. How would it be for him to invite testimony from the thousands who have been permanently injured, or from relatives of those who have been killed, by treatments of the drugging, serum-injecting, and carving school? The result would certainly be quite interesting.

Remember finally, that medical fakers could not continue in business for a month were it not for the support they receive from papers that publish their lying announcements. This is their stock in trade.

The tremendous task of teaching men and women to think for themselves has been scarcely begun. All but our very cleverest people are the creatures of a school of thought or belong to some intellectual herd. Fearless, independent, tolerant thought is still as rare as science was in the Fifteenth Century.—Herbert N. Casson.

The world's great men have not commonly been great scholars, nor its great scholars great men.—O. W. Holmes.

Drawbacks of Genius

THE saying that genius is a form of insanity is true. However, as I recently suggested, do not think you are a genius because you are a little crazy. Genius is abnormal, like an orchid. Men of genius have frequently been invalids and have died prematurely. As I have reached the mature age of 64½, my ailment is probably nothing more than talent, which bears the same relation to genius that measles does to smallpox.

Perhaps the most popular definition of genius is "talent plus great power of application" or talent with the power of taking infinite pains. Not long ago one of the world's greatest musicians was referred to by an admiring friend as a genius. "Yes," smiled the artist sadly, "the genius of working eighteen hours a day for thirty-six years." Once in a generation or so, however, there arises a superman, who seems to be something more than talent and application. Such a man has real genius which as I have said is abnormal.

A genius, or even a near-genius, should be careful about marrying. Many men of genius have made an awful mess of matrimony. If he does marry, the wife should be a placid, sympathetic, common-sense woman, free from mental frills and fireworks. If she has money, so much the better.

The man of genius is more to be pitied than envied. Owing to his finer nature, he enjoys more, but he also suffers more. He is rarely practical, and is out of place in this money mad age of cruel competition, where the dull boy makes the best business man, and has a far greater chance to become a "captain of industry." When a genius gives the world something great and good, Society should provide for him, as they did in ancient times, and do now, in countries where they think more of art and less of money.

Here are pertinent remarks on this subject made some months ago by the "Lancer" of the Los Angeles Times Magazine:

I have come to the sorrowful conclusion that brilliant people very seldom make money. It would seem that all too often money is a reward for tenacious stupidity and a thick skin.

So many rich men of my acquaintance are hopeless bromide—not a spark of brilliance anywhere. But nearly all of them enjoy a pronounced tenacity of purpose, the ability to keep on in spite of rebuffs and to swallow any number of snubs.

A brilliant person is generally cursed with a sensitive disposition and the first financial snub leaves him either smarting or scornful. That is why so many of the best paying jobs, to say nothing of Congress and the Senate, are for the most part filled with unblushing mediocrities whose only talents lie in the direction of knowing what they want and seeing that they get it.

When your brilliant man is able to weather the rebuffs and present the necessary hardened exterior, there is, of course, no limit to his possibilities. But the combination is very rare—and one cannot win by genius alone.

We should make reasonable allowances for the erratic doings of men of genius, but much of that we are asked to believe about "artistic temperament" and "emotional insanity" is "bally rot" as our English friends say. A genius must either obey the laws of what we call "civilization," or escape to some uncivilized spot—where "there ain't no ten commandments" and where "everything goes"—if he can still find such a place. Genius gives no man a right to be a nuisance.

"Medical Research"

SUCH they prefer to call it now-a-days, rather than vivisection, for that word has begun to sound sinister in the ears of the public. Statements made at the recent International Anti-vivisection Congress in Washington cannot be dismissed as outgivings of "sentimentalists," "fanatics," or "cranks." For instance, the Rockefeller Institute leads the world in useless, misleading and atrociously cruel "research" work. Yet, at this convention Dr. Hamilton Biggar, of Cleveland, personal physician of John D. Rockefeller, said:

Scores of dogs are slaughtered in laboratories of medical colleges for no other object than grandstand exhibition, with no beneficial results to medical science. Vivisection should be limited and under strict surveillance. To open the doors of all vivisection laboratories is absolutely essential to give assurance that humane methods will prevail there.

The next time Biggar plays golf with Rockefeller he should whisper some of these suggestions in the old man's ear.

Not content with experimenting on animals, the medical profession is now utilizing human "material" from charity hospitals, orphan asylums, and other sources. Senator Gallinger, of New Hampshire, a physician, sent a letter to the convention saying there was every reason to believe that in some hospitals children were "inoculated with loathsome diseases to see the results that will follow." As chairman of a Senate Committee which had twice investigated the subject, he wrote he had learned that school children often were taught to inflict needless suffering on dumb animals "to observe facts which had been proved a thousand times," and for which, he added, "there was not the least earthly excuse for repeating."

Dr. Albert Leffingwell, of Philadelphia, said:

If the vivisectionists can secure for the charity hospital that absolute power and secrecy which has been gained in animal experimentation, then within the lifetime of men now living human beings will take their place as material for investigation of human ailments.

Another speaker mentioned that Dr. Karl von Ruck, of Asheville, N. C., had acknowledged having used 339 children, of whom 262 were from the Baptist Orphanage at Thomasville, N. C., furnished "by courtesy of the house physician" to experiment with.

As I remarked last month, only recently a sensation was created in Cincinnati, when a physician disclosed that the application of the Flexner serum had killed several children in the City Hospital. Previously, a number of children had been rendered blind by serum experiments in the charity hospital of an eastern city. Nor are hospitals where high prices are charged entirely free from this craze for experiments in dangerous medical fads.

As one speaker at the convention stated, the hardest battle is against the "corrupt appeal of vivisection to the selfish fears of man." Doctors justify themselves by asking whether the life of a poor baby is not worth more than the lives of a "few guinea pigs." As this speaker added, experiments that have taken place in children's hospitals do not suggest tenderness on part of the medical fraternity for infants of the slums.

The people should learn that vivisection is not only diabolically cruel, but that such experiments are misleading and harmful to man-

kind, being all based on an effort to back up the false germ theory and the treatment of effects instead of causes. One of the speakers at the convention was Dr. Richard Cowen, of the Royal College of Surgeons, London. He said:

This mutilation and torture has led many earnest men along the wrong road of research. For more than a quarter of a century I have practiced surgery.

In that time I have performed some thousands of operations, yet I cannot recall a single instance in which I owed anything to public reports of vivisection experiments. It is my deliberate and considered opinion that vivisection as a method of research is wrong and misleading. It is a terrible mistake to think that disease in animals and in man is the same.

Last month I quoted the following statement by Dr. Herbert Snow, for two years chief surgeon of the London Cancer Hospital:

The real foundation for the present vogue of vivisection is not scientific zeal, or anything even remotely connected with science. It rests simply on the question of money and monetary profits. Underneath it lie the interests of the persons who procure huge fortunes by selling serums and manufacturing novel drugs. There is nothing scientific about it; it is nothing but medical graft.

It is time that the people should demand full publicity and regulation of "medical research." In England recently a British Parliamentary committee, by an overwhelming majority, recommended the abolishment of vivisection of dogs. In this country the Medical Trust appears to have more pull than there. However, the question is up to the people. As soon as they realize the truth, I am convinced that they will speak out in no uncertain tones. Meantime, they should at least give their moral and financial support to organizations and publications that are fighting a hard and unpleasant battle for animals and human beings.

The Nature Cure

Is it not an interesting fact that, while the treatment of disease by medical or other artificial means has constantly changed, the means extolled to-day being condemned and ridiculed to-morrow, thoughtful physicians of all time have agreed about the natural methods? The most eminent men of every age have agreed, often in minute detail, about the employment of temperance, sleep, cleanliness, sunshine, cheerfulness, etc., etc., in the prevention and cure of disease.

It is a noteworthy fact that the most distinguished men of every age and of every school have, in the riper years of life, declared for the natural methods, and against the artificial methods. Many of the most eminent might be quoted as leaving to the world, at their death, the testimony, that the world would be better off if there had never been a doctor—that on the whole doctors had proved a curse.

And yet there can be no doubt that if doctors would practice the natural methods, and teach the divine laws of health incidental to such methods, they would stand high above all other men in their beneficent services to their fellows.—From "Our Digestions" by Dio Lewis, M.D.

Do right a thousand times and you will never hear of it. Do wrong once and you will hear of it a thousand times.—Unidentified.

Briefs

Senator Gore, of Oklahoma, says "mining" the soil exhausting its strength, and abandoning the fields a national calamity. Correct.

The Agricultural Department warns against "fantastic diet systems." Good, but what is a "fantastic diet system?" Stuffing consumptives, who have weak stomachs?

A French student preserved the body of his father in alcohol. It is said the custom may become popular. Horrible idea.

A Roman Catholic priest who testified that Jews use Christian blood in their ritual was rewarded by the Russian Government with the present of a fat see.

Los Angeles saloon keepers asked for a raise in license while churchmen opposed it.

During three months ending June 30, 1913, 2535 lost their lives, and 49,000 were injured on American railways.

A London paper suggests eating rats. Sewer rats ought to be specially rich and delicious, stewed in their own juice.

Savage-Landor, South American explorer, found he could go 16 days without food, while doing hard work. Sure.

A professional baseball manager says his men cannot work if they eat three meals a day.

Physical Culture refers to Capt. Diamond, of San Francisco, as being 106. When I saw him, ten years ago, he claimed to be 108.

Newspapers that make a business of exaggerated head lines should remember the fable of the boy and the wolf.

Why always the "rum fiend?" Is rum wickeder than whisky? Probably not a gallon of rum is sold in a day in the 200 saloons of Los Angeles.

Easterners do not understand our Oriental question any more than Northerners understand the negro question.

An English scientist says the anthropoid apes are descended from primitive man, instead of man descending from the apes.

Much research is devoted to germs. Why not to food values?

Exemptions claimed under the English vaccination act rose from 6 per cent. of births in 1907 to 32 per cent. in 1912.

A Presbyterian leader says the world could be evangelized for \$50,000,000 a year. "Evangelized," perhaps, but not "converted."

Easterners naturally wonder at the high retail price of fruit in this great horticultural state.

Of 50 marriages in five years from the Los Angeles Florence Crittenden home, not one has resulted in a divorce.

A man who spoke 17 languages was turned back by the New York immigration authorities as being unlikely to be able to support himself in the United States.

Gov. Foss, of Massachusetts, says that half of the jail sentences in that state are on account of poverty.

Carnegie criticises over-emphasis of sex in magazines, fiction, plays and operas. Carnegie is 79.

Germany is to regulate the working hours of nurses, for the benefit not only of nurses, but of patients.

An Illinois judge declared that a man cannot be charged with wife desertion because he joins the army. Queer doctrine.

Nearly half the 15,000,000 inhabitants of Mexico are of practically pure Indian blood, and 70 per cent. of the total population can neither write nor read.

We have substituted the slavery of the sweat shop and factory for the slavery of the galley and cotton field.

As Gov. Johnson has seen fit to ignore the Naturopaths, it is probable that the Naturopaths will ignore him.

If "him" received all the gifts suggested in the advertisements "he" must be a sick and disgusted man just now.

Bishop Anderson of the Episcopal diocese of Chicago, says few men are morally or physically fit for marriage.

We hear much of the cost of living, also of wages, but little about the man on a fixed salary or income. He is the man to be pitied.

A scientist at the Washington Vivisection Congress said smallpox would have disappeared, like the plague, had it not been kept alive by vaccination. I have said this for many years.

A writer in the New York Post says that women now comprise 40 per cent. of the stockholders of the great corporations of the country.

Four thousand short stories are rejected every month by one American publication.

A man has bought a ranch of 10,735 square miles in Northern Australia. Monstrous.

In Dublin, 21,000 families of five persons each, are housed in one room to a family.

In Chicago women objected to smoke in the election booths. Whereupon men protested against strong perfumes. Tit for tat.

Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

Vol. II

LOS ANGELES, JANUARY, 1914

No. 8

New Year's

ACCORDING to Christian chronology, this is the beginning of another year. Such anniversaries are entirely artificial. Jews, Chinese, Mohammedans and others have their own dates.

Don't begin the year by making a lot of resolutions you know you will not keep. Then when you break them you become discouraged and despondent and disgusted, and plunge deeper in "sin"—such for instance as drinking a glass of beer, or smoking a three for a nickel stogie. Suppose a mountain climber should turn back whenever he stumbled over a stone. He wouldn't soon get anywhere would he? New Year's resolutions are like lovers' vows, or pie crust.

Here is a New Year suggestion I sent four years ago to my friends and fellow members of the Sunset Club: "Don't hurry; don't worry; keep your head cool, your feet warm and your bowels open." That is practical if not poetic.

Brain and Brawn

IHAVE observed that a majority of the most earnest, intelligent and critical readers of this magazine are men and women who work with their hands. This is quite natural. To have a healthy brain you must have a healthy body. To have a healthy body you must exercise it reasonably. In the August number I quoted Democritus, who said: "The force of the understanding increases with the health of the body. When the body labors under disease the mind is incapacitated for right thinking."

Again, you do not expect to find much originality of thought or action among society folk. They pride themselves on doing everything just as others of their class do it. To act otherwise would be to lose caste. They are afraid to think for themselves. To wear a tuxedo when society ordains a swallow-tail is a worse crime than to defraud a creditor. From such a source you cannot, of course, expect much originality or independence of thought.

It is not surprising that most of our really great men came up from the ranks of those who earn their bread by the sweat of their brow. From childhood they learned to use both brain and brawn.

It is as hard for a society man or woman to be an independent

thinker as it is for a rich man to enter the Kingdom of Heaven. It is, however, encouraging to note that an increasing number are learning to think for themselves. In fact, it is becoming almost fashionable to think. They do so timidly at the start, like a child wading in the ocean for the first time, then more boldly, until at length they learn to trust themselves to the waves of Truth, after which they can say: "The world is mine." They have found the key that opens the storehouse of Knowledge.

What I Know

OCCASIONALLY a correspondent asks me what experience I have in regard to the care of the body. As an infant I was inoculated for smallpox and with scrofula, losing the use of one ear and one finger, acquiring several other scars, and becoming a chronic invalid. Being an unusually precocious youth, reporting and dissecting theological controversies at the early age of ten, I at the same time began to inquire in regard to the whys and wherefores of health and disease, and the reason—or unreason—of such unnatural practices as vaccination, devouring eagerly everything on the subject I could find in print, "ethical" and "unethical," in English, French, German and Latin. Later, I acted for a time as secretary to William Tebb, who made the great and successful fight against compulsory vaccination before the British Parliament. That gave me more light. Then, for several years, I studied the nature cure at sanatoria in Switzerland and Germany, always carefully noting the action of foods in my own body.

If, after this, at the age of 64, I did not know more than a little about the laws of health, especially diet, I might justly be regarded as a case of arrested mental development. By sitting with open mind at the feet of Mother Nature I have learned many things you can never learn in a medical college.

Experience thus gained during fifty years I am giving month by month to the readers of the magazine.

Whatever you may think about this magazine you can't deny that it is "different."

I don't aim, like so many reformers, at what might, could or should be done, but at what can be done.

We are more easily persuaded, in general, by the reasons we ourselves discover, than by those which have been suggested to us by others.—Pascal.

A California Flavor

BRAIN AND BAWN, while not distinctively a California magazine, for its field is the world, yet has a decidedly California flavor. This will be appreciated by many distant readers, whose eyes are turned toward the Golden State. Suppose you start the new year by sending half a dozen subscriptions to as many friends in the East or abroad. Last month I devoted several pages to the subject of California climate, so the subscriptions would better begin with that number, as long as they last. You couldn't very well do more good or give more pleasure with a five-dollar piece.

If I Should Die To-night

IF I should die to-night,
My friends would look upon my quiet face
Before they laid it in its resting-place,
And deem that death had left it almost fair;
And laying snow-white flowers against my hair,
Would smooth it down with tearful tenderness,
And fold my hands with lingering caress—
Poor hands, so empty and so cold to-night!

If I should die to-night,
My friends would call to mind, with loving thought,
Some kindly deed the icy hands had wrought;
Some gentle word the frozen lips had said;
Errands on which the willing feet had sped:
My hasty words, would all be put aside,
And so I should be loved and mourned to-night.

If I should die to-night,
Even hearts estranged would turn once more to me,
Recalling other days remorsefully;
The eyes that chill me with averted glance
Would look upon me as of yore, perchance,
And soften in the old familiar way:
For who could war with dumb, unconscious clay?
So I might rest, forgiven of all, to-night.

Oh friends, I pray to-night,
Keep not your kisses for my dead, cold brow!
The way is lonely; let me feel them now.
Think gently of me: I am travel-worn;
My faltering feet are pierced with many a thorn,
Forgive, O hearts estranged, forgive, I plead!
When dreamless rest is mine, I shall not need
The tenderness for which I long to-night.

—Belle E. Smith.

Brooklets

Mining with a pick is quite different from mining with stock.

* * *

Beauty depends as much on the looker as on the looked at.

* * *

Americans pity healthy European peasant women in the fields.
Save your pity for pallid American women in factories.

* * *

People "on horse, foot and in carriages" will soon insist on private rights of way for autos, with no grade crossings.

* * *

Prosperity. Over purchasing. Over production. Depression.
Shutdowns. Suffering. (Da capo.)

* * *

Asthmatics who sleep with closed windows and inhale "dope" are unconscious humorists.

* * *

Endowment of colleges by millionaires is a national menace.

* * *

Much truth in the English saying: "Fools build houses and wise men live in them." If you build to rent.

* * *

For Chinamen to smuggle opium is more excusable than for millionaires to smuggle diamonds.

* * *

Baby buggies now in use deserve attention of the S. P. C. A.

* * *

A medical gentleman told me I am a crank. I replied that Jesus the Great Drugless Healer was regarded as a crank, so I have no right to complain.

* * *

America needs less politicians and more patriots; less financiers and more farmers.

* * *

A Los Angeles parson preached a Thanksgiving sermon on "What God Has to be Thankful For." Not for advice He gets from the pulpit.

* * *

A country is truly prosperous only when the wealth is fairly distributed.

* * *

Cheap labor is expensive, both to the employer and to society.

* * *

We should distinguish between a deliberate murderer and one who kills in the heat of passion. The former should hang.

* * *

When men get wise they will refuse to be driven or cajoled to offensive wars and let statesmen fight it out.

Nature Cure in an Insane Asylum

IHAVE frequently stated that if the Nature Cure, or Natural Method of treating disease were introduced, within six months three-fourths of the mentally and physically sick inmates of our insane asylums and reformatories might be turned out. It appears that they have done even better than this at the State Asylum for the Insane in Stockton, Cal., where, under the intelligent, broad-minded management of Dr. Fred P. Clarke, superintendent, backed by the governor of the State and the Board of Control, it is stated that no less than 85 per cent. of cases of insanity caused by over-work, shock, grief, alcoholism, or excesses have been cured by hydrotherapy, or the water cure. In a dispatch from Stockton, to a Los Angeles paper, Dr. Clarke is quoted as saying:

"The action of water at varying temperatures, and of the steam and electric baths, equalized the circulation by stimulation. The muscular strain about the capillaries is relieved, they are relaxed and the blood flow is normalized.

"Nature is assisted in performing its functions and the patient is restored to physical and mental health by the elimination of the toxins.

"The dull anemic patients are stimulated and the excited ones quieted.

"There is always a practical assurance of cure where the brain tissues have not actually been destroyed, or in cases of inherited mental defects.

"And even such patients are quieted and relieved by the treatments.

"Intelligent interest in human beings has done it.

"Tub baths, where the patients lie in tepid water from 2 to 10 hours per day; electric light and steam baths; hot packs; water percussion secured by playing a spray against the body, and vibratory treatments are the agencies utilized.

"Music, recreation, sun baths in the open courts and wards, dances once a week, and a kindly guidance of the recovering minds complete the restoration."

It should be noted that in this case apparently only hydrotherapy has been used. Nothing is said about diet. If they had paid intelligent attention to this, carefully regulating the dietary, as they have done in fruitarian hospitals in Australia and England, referred to on other pages, eliminating an excess of phosphate foods that over-stimulate the nervous system, as meat, fish, eggs, milk, and even grain, feeding the patient largely on fruits, fresh and dried, raw green stuff, and nuts, with careful fasting, the results would have been even more remarkably favorable.

A Hindoo Hercules

IN "Health" for December was an article by a fellow-countryman on Ram Murti Naidu, of Madras, a Hindoo Hercules, of whom several stories have appeared in American publications. Among other remarkable "stunts," this man is said to break iron chains, lie down under bullock carts loaded with men, let 3000 pound stones, elephants, and other trifles be placed on his prostrate form, and hold back an automobile in full motion.

This Hindoo is a strict vegetarian, not even eating eggs. He is said to ascribe most of his strength to physical culture, breathing exercises, and concentration.

A Complaint Against California Climate

REFFERRING to my article on California climate last month, in which I said: "Those who cannot find a climate to suit them somewhere between the Mexican and the Oregon line, between the Sierra and the sea, will find no climate on earth to suit them." D. Edson Smith, of Santa Ana, writes:

"Please tell me where to find in California, outside of a city, a climate not going below sixty degrees from November 1 to May 1. Half the year I suffer from cold mornings. During the past four days the mercury has been 34 degrees at sunrise and 74 degrees at noon on the north porch. Forty-eight degrees variation in temperature in six hours is common throughout Southern California, outside of cities. The summers here are all right. Also the winter days, from 10 A.M. to 4 P.M. Is this even temperature?"

It is true that in California, as in all dry climates, there is a great and striking difference between the temperature of night and day; between the temperature in the sun and in the shade; and between the temperature ten minutes before sunset, and ten minutes after. Invalids who come here should know this and provide for it. It is just this change that gives a "snap" to the climate and makes it, in my opinion, more healthy for those who have two lungs and a good circulation. This notwithstanding the criticism of "bracing" climates by my friend Dr. Alexander Haig, of London, which I printed last month.

For the reasons stated, the climate of California is not so well adapted to the old and feeble, to those with weak blood and poor circulation, or to those in advanced stages of consumption. When, however, we consider our cool nights, and when we read about the sudden changes that take place in the middle west from blizzards to sun strokes in 24 hours, we should, indeed, be truly thankful to be permitted to live in a climate like this. As I said last month, some people would complain about draughts in heaven.

Friend Smith is considerably over 70, but he is one of the youngest oldsters I know, and I should not have thought he would begin yet to kick about our cool mornings and evenings. There are two things he might do. First, lie in bed longer in the morning, and second, try a South Pacific island. I don't believe either of these courses would suit him, because his mind is too active.

Seven Day Churches

THE movement in Los Angeles to open the Protestant churches on week days is a good one. The only surprising thing is that it should have been delayed so long. As I have heretofore pointed out, it is absurd, unreasonable, and unjust that millions upon millions of dollars should be invested in church property used only once a week for a parson to get up in a pulpit and preach platitudes. In this respect the Catholics set us a good example. In all parts of the world their cathedrals and churches are open to the public all the year round, and many a despondent wayfarer has found rest, and perhaps prayer, by sitting for a time in the solemn quiet of a big interior, lighted by rays through stained glass windows. Among Protestants, for those who cannot afford to belong to a club, the only doors that are always open to those who seek surcease from the rush and crush of an over-strung business life, are the doors of the saloon.

Dr. Osler on the Nature Cure

FOllowing is an extract from the article by Dr. William Osler, in the Encyclopedia Americana, Vol. 10, under the title of "Medicine":

"The new school does not feel itself under obligation to give any medicine whatever, while a generation ago not only could few physicians have held their practice unless they did, but few would have thought it safe or scientific. Of course, there are still many cases where the patient or the patient's friends must be humored by administering medicine or alleged medicine where it is not really needed, and indeed often where the buoyancy of mind which is the real curative agent, can only be created by making him wait hopefully for the expected action of medicine; and some physicians still cannot unlearn their old training. But the change is great. The modern treatment of disease relies very greatly on the old so-called 'natural' methods, diet and exercise, bathing and massage—in other words, giving the natural forces the fullest scope by easy and thorough nutrition, increased flow of blood, and removal of obstructions to the excretory systems or the circulation in the tissues.

"One notable example is typhoid fever. At the outset of the nineteenth century it was treated with 'remedies' of the extremest violence,—bleeding and blistering, vomiting and purging, and the administration of antimony and mercury, and plenty of other heroic remedies. Now the patient is bathed and nursed and carefully tended, but rarely given medicine. This is the result partly of the remarkable experiments of the Paris and Vienna schools in the action of drugs, which have shaken the stoutest faiths; and partly of the constant and reproachful object-lesson of homeopathy. No regular physician would ever admit that the homeopathic preparations, 'infinitesimals,' could do any good as direct curative agents; and yet it was perfectly certain that homeopaths lost no more of their patients than others. There was but one conclusion to draw,—that most drugs had no effect whatever on the diseases for which they were administered."

Diphtheria Antitoxin Valueless and Dangerous

We have heard so much during the last few years concerning the wonderful results achieved in the treatment of diphtheria by means of antitoxin, that one might be tempted to hold up his hands in amazement at the temerity of any one daring to question its value. However, after one has become thoroughly acquainted with certain facts regarding it, it requires no great amount of courage whatsoever to make the charge that it is not only valueless, but is, on the other hand, absolutely and unqualifiedly dangerous. Diphtheria, like all other epidemic diseases, comes at times with such intense degree of severity that the mortality is very great. At other times the mortality is very much less, thanks to the comparative mildness of the epidemics.—J. D. Harrigan, M.D.

Meatless Menus—Rice and Cheese

TWO quarts of water, one cup of rice (preferably unpolished) one minced onion; boil quickly for half an hour, or until the rice is well done; then pour off the water and add a quarter of a pound of mild cheese. Stir until the cheese is melted. Season, if you wish, to taste, and serve.

The Spanish Inquisition

DNE HUNDRED AND FIVE years ago Napoleon gave the order which abolished the Spanish Inquisition, thus ending at one fell swoop the agony of more than three centuries' duration.

It was in 1480 that the Spanish Inquisition was established by Ferdinand and Isabella. The Queen was a most excellent woman, was remarkably kind-hearted, and would never of herself have launched the infernal institution, but being ignorant in most ways, and notoriously superstitious, she proved to be but so much putty in the hands of the men who wanted the Inquisition established.

Not satisfied with its flourishing retail business, it finally went into wholesale, and during the administration of Alva, sentenced to death the entire population of the Dutch Netherlands.

Nobody will ever know the full amount of misery that the Inquisition caused among men during its existence of 320 years—the number it burned at the stake, broke on the wheel, crushed in the iron boots, paralyzed and crazed with its fear and terror.—Rev. T. B. Gregory in Los Angeles Examiner.

We have abolished the religious inquisition, but we have a medical inquisition, that inflicts on animals tortures never dreamed of in Spanish dungeons, and uses orphan children for dangerous experiments. What Napoleon shall free us from this curse?

Disgusting Display of Depravity

FOllowing press dispatch from Boulder, Colo., was published under date of November 27:

"As a result of attempting to win a \$10 wager by devouring a Thanksgiving dinner sufficiently large to feed a family of twelve, J. T. Harris is semi-conscious at his home. The attending physician says it will take twenty-four hours to determine the outcome of Harris' illness.

"With L. N. Ferguson, Harris Monday wagered \$10 that he at a sitting of two and one-half hours could eat:

"Fifteen-pound turkey with oyster dressing, three loaves of bread, six large sweet potatoes, six cups of coffee, two bunches of celery, four dishes of cranberry sauce, one glass of mint jelly, six bananas with cream, one pound of butter, one order of squash, two mince pies, two dishes of plum pudding with brandy sauce.

"Harris began his meal at 6 o'clock last evening, and had reached the mince pie portion of the menu when he collapsed. He has been in a comatose state since."

To call this man a hog would be to insult the hog. There are many thousands of people who, while they do not begin to go to such an extreme—because they cannot—seem to think that a proper way to celebrate an anniversary is to stuff into their stomachs two or three times as much as they require. Some of these people belong to what are called "temperance" societies, and are quite shocked if a man occasionally drinks a glass of beer or wine.

Few poor people are starved for lack of food. Many who overeat are starved, because the food on which they largely rely, such as white flour and sugar, is lacking in the important mineral elements.

Sex Instruction

SOME good but misguided people object to sex instruction. The mercenary and lewd, who prey on youthful ignorance, also object to sex instruction. I cannot possibly understand how any intelligent right-thinking person who has witnessed the misery resulting from ignorance of the sex functions—the blasted lives and ruined hopes, and scrofulous or blind children—can put obstacles in the way of this beneficent and most necessary work. Ignorance is not innocence. Tact should, of course, be used in this, as in any other kind of teaching.

It has been pointed out that in Chicago the postal officials have barred from the mails some of the instruction delivered at public schools there. That is nothing. As I said last month, the postal department has a habit of barring from the mails instructive and desirable sex literature, while freely admitting salacious matter that merely panders to lust.

It is said further that mothers and fathers should give this instruction. Quite true. But how many will, or can? Few parents even teach their children the rudiments of morals—or manners. The average parent needs sex instruction as much as the children.

Meantime, the question is whether we should impart sound sex advice to young people, saving them from the disastrous results of ignorance, or allow them to gather misinformation from lewd companions and mercenary quacks. It is encouraging to note that interest in the work is growing. In this city there is the Los Angeles Society of Social Hygiene, with office at 311 Higgins Bldg., Second and Main Streets. Its purpose is stated to be as follows:

“To help establish the single standard of morals.

“To aid parents and teachers in preparing themselves for the proper instruction of the young in sex knowledge.

“To enlighten the public regarding the prevalence and seriousness of venereal diseases.”

The annual dues are \$1.00. The executive secretary is John T. Miller, who publishes an excellent little monthly called the “Character Builder.”

Another Evangelistic Fundlum

EVANGELIST ANDREW JOHNSON was recently filling a date in a church at Ontario, Cal., one of the cleanest and most decent communities in the state. The cheerful subject of his discourse was “Hell.” It is the most popular subject among these peripatetic commercial soul savers. At the end of his address no one responded to his plea to come and be saved, whereupon he angrily seized his hat and rushed from the platform, after giving his audience this final greeting: “There are more people going to hell right here in Ontario than in any place I know of, and for all I care, you can all go to hell.”

Again I ask, how long will decent men and women submit to such insults from coarse soul savers for revenue? And how long will parsons continue to insult their congregations and disgrace their edifices, by welcoming this kind of cattle?

The Boys' Herald is an interesting little monthly, established in 1871, devoted to amateur journalism, \$1.00 a year; Edwin Hadley Smith editor and publisher, 17 Charles Street, New York.

The Barber Business

NOT so very many years ago barbers were also surgeons, as in olden times the priests were also physicians. We have a relic of this in the barber pole, which originally represented a bloody arm, bound by a cloth. Now-a-days the barbers do not bleed you—except sometimes when they shave you, or sell you tonics. The doctors have grabbed all that sort of thing.

The recent California Legislature passed a law for regulation of barber shops. It was not signed by the Governor. Some years ago a California Legislature appointed a commission of barbers for this purpose. It proved to be a graft and hold-up game, and when the accounts were examined, if I remember right, three postage stamps were found in the treasury.

A reasonable regulation of barber shops is a good thing, and a necessary thing. I do not believe in the germ theory, but we all know that infection may be spread by direct contact, just as one may "catch" lice or bed-bugs. In the better class of barber shops care is usually exercised, but in some of them, conditions are disgusting and dangerous, towels and alum sticks, and other "properties" being transferred from one face to another with the greatest thoughtlessness.

A reasonable barber law, administered by honest men, will be a good thing.

"Society Slush"

THERE isn't a newspaper man in the land that doesn't regard "society" news as ineffable rubbish. Nobody in a newspaper office ever calls it anything but "slush." It isn't even dignified by the appellation of "guff," which is given to the cub reporter's essays in "fine writing." It is "society slush," and preparation of the mess is a job turned over to women because no man in the office can stomach it or can be induced even to edit the copy.

And yet publishers and editors imagine that there is an imperative demand for society gossip and that women would not take or read a paper that did not print it. The fact is that the "demand" is created by the supply. Nine-tenths of the so-called social "functions" are "pulled off" for the sole purpose of getting the names and pictures of women into print. If there were no "society columns," that mythical realm called "society," with its inanities, vanities and sillinesses, would vanish as the mists of the morning, and the circulation managers of newspapers would not know that anything had happened.—Allen Kelly in West Coast Magazine.

A Good Man Gone

MAJ. THOMAS BOUDREN died a few weeks ago at his home city of Bridgeport, Conn. He had been a soldier, a manufacturer, and educator of renown, but he will chiefly be remembered as a fearless and tireless antagonist of the dangerous and unnatural practice of vaccination. He fought against negro slavery when it required much courage to do so, and he fought as valiantly against slavery to medical superstition. In Maj. Boudren the cause of medical freedom loses a good friend and a strong defender.

California Eighty Years Ago

THE first time I read "Two Years Before the Mast" was more than fifty years ago, at boarding school in England. Little did I then think that I was to become familiar with the coast of California described by Dana. This is a most fascinating story, especially to those who live in Southern California. Few writers have more graphically described life at sea. As you read you can almost smell the salty breeze, and hear the vessel groan, as she labors in a gale. Dana also has many interesting things to say about California and its inhabitants, as they were eighty years ago. After what the author writes of the brutality, hardships, and horrible food of sea life in those days, it is a wonder that any boy, reading this book, should want to run away to sea, as many young Britishers did, when I was young—and probably still do.

In 1859 Dana again made a trip to the coast, this time in a steamship. He visited the pueblo of Los Angeles, which he describes as a "large and flourishing town of about 20,000 inhabitants." This is a bad break. The population of Los Angeles in 1880 was only 11,000, and only a little over 5000 in 1870. In 1859 it was considerably less than 5000. Dana thus refers to a well-known Los Angeles family name:

"Here, too, was Henry Mellus, who came out with me before the mast in the Pilgrim, and left the brig to be agent's clerk on shore. He had experienced varying fortunes, and was now married to a Mexican lady, and had a family. I dined with him, and in the afternoon he drove me around to see the vineyards, the chief objects in this region."

The Medical Trust and Medical College

FROM time to time writers who wish to discredit drugless methods of healing dig up extracts from the Flexner report on medical colleges, published four years ago. Commenting on this Flexner report, A. B. Shaw, D.O., of Los Angeles, writes to me as follows:

"The Flexner report was discredited, disproved and disgraced. Several suits, notably one for \$100,000, by the Marin Sims Medical College, of St. Louis, and another by a Chicago medical college, were instituted against the authors of the report, for damages. The writer, Flexner, purported to have visited all of the colleges and gave the date of his visit to Los Angeles institutions as May, 1909. The officers of the Los Angeles College of Osteopathy executed an affidavit at the time of the publication, stating that no officer, professor, or even janitor of the institution had ever been called upon by Flexner, or any representative of Flexner. The affidavit recited a number of gross and palpable misstatements concerning this institution. The misstatements and falsification concerning the other medical colleges of Los Angeles were equally glaring and outrageous. The utilization of such distorted and dishonest literature by the American Medical Association had much to do with the recent campaign for a new medical law in California, whereby the American Association of Medical Colleges was written out of the California law. I am not indorsing the new law, but it took one step in the right direction, namely, in withdrawing any reference to the American Medical Association or American Association of Medical Colleges, as a basis or standard of medical education."

Rewards of Genius

HE hen remarked to the muley cow,
 As she cackled her daily lay
 (That is, the hen cackled), "It's funny how
 I'm good for an egg a day.
 I'm a fool to do it, for what do I get?
 My food and my lodging. My!
 But the poodle gets that—he's the household pet,
 And he never laid a single egg yet—
 Not even when eggs were high."

The muley cow remarked to the hen,
 As she masticated her cud
 (That is, the cow did), "Well, what then?
 You quit and your name is mud.
 I'm good for eight gallons of milk each day,
 And I'm given my stable and grub;
 But the parrot gets that much anyway—
 All she can gobble—and what does she pay?
 Not a dribble of milk, the dub!"

But the hired man remarked to the pair,
 "You get all that's comin' to you;
 The poodle does tricks, an' the parrot kin swear,
 Which is better than you kin do.
 You're necessary, but what's the use
 O' bewailin' your daily part?
 You're bourgeois—work's your only excuse,
 You can't do nothing but jes' produce—
 What them fellers does is Art."—Exchange.

Housewives and Eggs

HHE Housewives League, of New York, with affiliations all over the country, recently instituted a boycott on eggs until they should go down to 35c a dozen. This is a practical and effective method of reducing exorbitant prices of food products, and will always work, if there can be found enough unselfish people to carry it out. In other words, when prices are forced to an abnormal figure by scarcity, cornering, cold storage methods, or otherwise, simply stop eating that particular product.

At anything over 25c a dozen eggs are an extravagantly expensive food, for three-fourths of the egg is water. Therefore, when you buy a pound of eggs you are only getting four ounces of food, whereas, when you buy a pound of wheat or beans, you are getting over fourteen ounces of food. A dozen eggs, average size, weigh about a pound and a half. At 60c a dozen this makes the food in eggs cost you at the rate of \$1.60 a pound, almost as expensive as caviar. Stale eggs develop uric acid and are therefore unwholesome.

"Under the weather" is founded on fact. Epidemics are caused by atmospheric influences, affecting those who lack resistance, through wrong living. And atmospheric conditions depend upon the sun.

Woman's Sixth Sense

FEVERY man who knows the right kind of a woman will readily agree that she can and does make decisions and arrive at conclusions in the most vital matters concerning his happiness or well being, which she cannot at all explain, nor can any one else by any known process of reasoning. Yet these judgments—woman's intuitions we call them—are very much more likely to be right than the conclusions he will reach after the most mature deliberation. She makes her decisions in a flash. Apparently she doesn't think at all but snatches her findings right out of the blue. She cannot tell you "why" and you better not ask her. The important thing is that she is right.—Bruce Calvert in the Open Road.

This is intuition. The animals possess a similar faculty. In them we call it "instinct." In some respects women and animals are superior to men.

Dietary Rules

CONCERNING dietary rules, BRAIN AND BRAWN says: "Never eat when you are not hungry and then eat only sufficient to satisfy hunger."

That's no rule. It's instinct.—Henry James in L. A. Tribune.

Animals follow this instinct, eating only when hungry, and live out their allotted span. Civilized man has lost this instinct, and follows habit, eating merely because it is meal time. Therefore he usually dies prematurely.

To stand around in fine clothing and exhibit lands and goods is a highly honored position, but to till the soil with a hoe and to pull weeds with the hands is about as degrading as stealing chickens.—C. W. Dayton, Owensmouth, Cal.

To Advertisers Who Think

WISE advertisers recognize the value of quality as well as quantity. A very large purchaser of advertising space was recently quoted in Harper's Weekly as saying: "Mere circulation without a definite value, although usually advanced as a chief argument, means nothing. Magazines deservedly held in highest regard produce most sure and profitable results."

I would not recommend you to advertise drugs or hog products here, but if you have a good thing that appeals to our class of thrifty people who think, an advertisement will yield profit if you give it a fair trial—say for not less than three months. Readers go through this magazine every month "from kiver to kiver."

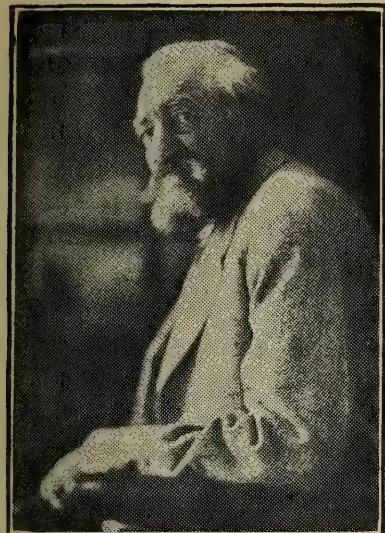
Our advertisements are carefully censored. Readers know we accept nothing "off color." This makes space more valuable. Any intelligent man is willing to pay more for a residence lot with restrictions, than for one where he may have a laundry on one side and a sawmill on the other.

If you wish, I will write your advertisement, without extra charge. Some of my friends are kind enough to say that I am no "slouch" of a writer. And I have had thirty-seven years' experience in California, so I know my people. Otherwise, our advertising manager, Ralph Lanehart, will cheerfully furnish you with full particulars.

Our address is 508 Chamber of Commerce Building, Los Angeles. Telephone (Sunset) Main 5364.

HARRY ELLINGTON BROOK.

Dietetic Advice by Mail



AS editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of BRAIN AND BRAWN, it has been my privilege to give dietetic and other advice by mail to hundreds of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydropathy are valuable, and sometimes indispensable means of aiding nature. Any

honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. "As a man eateth so is he."

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

Among chronic ailments that yield readily to this method are Constipation, Dyspepsia, Asthma, Rheumatism, Consumption (in earlier stages), Nervous Prostration, Liver and Kidney diseases.

I perform no miracles. Nature alone cures. All I do is to point out the way.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of dietetic home treatment. Mail Address, P. O. Box 612, Los Angeles, California.

Harry Ellington Brook, N.D.

Vox Populi

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

FROM THE LAND OF THE PHARAOHS.

I see most of the leading publications of the world that are devoted to health topics, and I can conscientiously say that BRAIN AND Brawn is not excelled by any of them, in advice on rational living, especially diet, on which subject one reads so many erroneous statements now-a-days.

As an advertising medium I find it compares favorably with magazines of several times the circulation. It is evidently read carefully from cover to cover. You did not mention Egypt among the foreign countries in which you have subscribers, but you evidently have readers, if not subscribers, there. A few days ago I received the following card from a place which I believe is about a thousand miles above Cairo:

"West Engineering Office, Minia, Upper Egypt. I shall be much obliged if you will kindly send me at once, a descriptive circular of St. James's Oil, as advertised in BRAIN AND Brawn. Labib Barsum."

Otto Carqué, Dealer in pure food products, 1605 Magnolia Ave., Los Angeles.

COST OF SUPERSTITION.

I like your magazine. It is high-class. What can be more important than health? Medical superstition has as strong a hold on the minds of the people as religious superstition. They believe in a quick, miraculous cure for the body, and a quick, miraculous salvation for the soul. Somebody has figured out that the churches of this country cost \$500 a minute. I wonder what medical superstition costs, counting doctors' fees, medical schools, useless sickness brought on by drugs, operations, fright, and last, but not least, actual deaths.—W. E. Johnson, McLeansboro, Ill.

Have You a Friend?

WHAT more appropriate and useful souvenir could you buy him, for a dollar, than a subscription to BRAIN AND Brawn? It will remind him of you every month, for a year, and it will do him good.

Or, perhaps, you are so fortunate as to have six friends. In that case you may present each with a year's subscription for five dollars. Send us the "dough" and we will do the rest.

BRAIN AND Brawn, Chamber of Commerce Building, Los Angeles.

Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

ASTHMA.

J. H. T.—No climate will cure asthma. A dry climate is usually recommended, yet I knew a pioneer Los Angeles man who could only find relief by going up to San Francisco, and getting into one of their heavy fogs. Asthma can only be reached through the stomach. I know of wonderful cures made within a short time by a fast, followed by the adoption of a strictly abstemious dietary. Some people, however, would rather have asthma than give up gorging. For them there is no hope.

APPENDICITIS.

J. L.—Operations for appendicitis have become a popular medical craze. An operation is not necessary in one case out of a hundred. What is called appendicitis is really inflammation of the lower bowel. Often the appendix is not affected. Even when, by neglect, the inflammation has gone so far that the appendix is full of pus, it will discharge into the gut, if left alone. Operations are dangerous, and when the patient recovers from the operation he will always thereafter through life suffer alternately from constipation and diarrhoea, because the appendix, like all other organs of the body, is necessary, serving to lubricate the lower bowel.

For treatment, let the patient stay in bed, take absolutely nothing but water with a few drops of fruit juice, clear the bowels with an enema, once or twice daily, take a hot bath as hot as can be borne, and stay in the tub until the pain has left, or as long as possible. Place cold, damp cloths covered by dry cloths on the abdomen, changing them from time to time, until the temperature is reduced. Keep the feet warm. When there is pain, apply hot cloths. Avoid manipulating the sore part. Be careful about diet when beginning to eat, confining it mainly to fruit juice and thin gruel, and avoiding solid foods, and such fever producing foods as milk and meat broth. By following these instructions 99 cases out of 100 will recover.

DIABETES.

R. L. D.—What the doctors call diabetes is often merely "polyuria," or an extra large flow of pale urine. Diabetes is directly caused by dietetic errors, mainly a lack of organic salts in the food, and can, therefore, only be cured by carefully regulating the diet, which should consist largely of fresh fruits and raw green stuff.

The doctors formerly forbade all starch to diabetics, because it makes sugar, feeding them on gluten foods, which are starvation foods, besides which, many of these contain almost as much starch as good bread. This idea was all wrong. I don't believe in eating starch that has not been dextrinized, but the thing to do is to increase the digestive powers of the patient so that he may be able to digest some starch, not to take it all from him. Since then medical dietetic fashions for diabetes have jumped in an entirely opposite direction, and we find some eminent "authorities" putting diabetics on a diet of oatmeal, others of potatoes, both of which are nearly all starch.

The Printed Page

THE NATURE CURE; H. Lindlahr M.D.; for sale by the Naturopathic Publishing Company, 440 pp., price \$2; postage 15c.

This is one of the most valuable books ever written on the Nature Cure, or the Natural Method of treating disease. The author has for years conducted a Nature Cure sanatorium and college in Chicago. His book is almost entirely in accordance with the teachings of this magazine, and I cannot praise it too highly. Among other subjects, he treats of acute and chronic diseases, dietetics, fasting, and hydrotherapy. No student of the laws of health should be without this volume.

There is one passage in the book that I do not quite agree with. In it the author belittles the importance of the changes made in the mineral contents of the food by cooking. He says: "Cooking is merely a mechanical process of sub-division, not a chemical process of transformation. Mechanical processes of division do not dissolve or destroy organic molecules to any great extent."

To my mind, experiments made on children and animals with raw milk, or cooked or sterilized milk, conclusively prove that an important and damaging molecular change takes place in the mineral contents of food when it is subject to great heat.

CUTTING IT OUT; Samuel G. Blythe; booklet, 60 pp.; Forbes & Co., Publishers, Chicago.

This booklet, neatly bound and printed in very large type, is by the well-known author of "Who's Who" in the Saturday Evening Post, and tells how he quit the use of alcoholic beverages. The work originally appeared in the Post under the title "On the Water Wagon." It is clever, like all of Blythe's writings.

DR. KELLOGG'S LECTURES; Vol. I; J. H. Kellogg, M.D., 122 pp., Good Health Publishing Co., Battle Creek, Mich.

Dr. Kellogg has followed my suggestion and reproduced some of the excellent lectures on practical health topics delivered by him at the Sanitarium, and printed in the Battle Creek Era. He has the power of putting scientific subjects in clear, comprehensible form.

THE HINDU YOGI SCIENCE OF BREATH; Yogi Ramacharaka; The Yogi Publication Society, 14 W. Washington St., Chicago, Ill.; 72 pp. Price 75c.

This booklet aims to give the principal forms of breathing used by psychics in Hindustan. The author, in his preface, says, regarding the usual Occidental concept of a Yogi, that such people seem as absurd to the true Yogi as does the use of the title "Dr." by a chiropodist to an eminent surgeon. There are good suggestions in this little book.

Man has unwittingly been crying out to the healing profession for years for a knowledge of how to be well—how to avoid sickness. The answer has been a hypodermic, a vaccination, and information that causes of disease are too complicated for laymen to understand; in other words, the laymen's crying out for knowledge has been answered with the shackles of slavery.—J. H. Tilden, M.D.

(Authorized Announcement)

LOS ANGELES COLLEGE OF OSTEOPATHY.

THERE are ten legally recognized medical colleges on the West Coast. Something of the progress of the education of the people through such missionaries as "Brain and Brawn," is shown by the fact that the "California Journal of Medicine" ("Regular") admits that the Los Angeles College of Osteopathy has more students in attendance than the ten old school medical colleges added together. The minimum course of the ten medical colleges, as required by the American Medical Association, is 4000 hours. The shortest course of Los Angeles College of Osteopathy is 4810 hours, requiring actual attendance; including every subject, and as much of each as is given in the best of these medical colleges, excepting in three subjects, *materia medica*, pharmacology, and some additional surgery. In place of these, natural methods of treatment are substituted. In addition to the regular course, the L. A. C. O. gives a post graduate course of twenty weeks, in physiological effects of drugs (*materia medica*), pharmacology and additional surgery, qualifying its graduates for the Unlimited, or Physicians' and Surgeons' State Board examination and certificate. It does not give *materia medica* in its regular course, because it does not believe in internal drug medication. It does give it separately because every practitioner should know the physiological effects of drugs for purposes of diagnosis and avoidance.

Under the new law, no California college is limited as to preliminary educational requirements until July 1, 1918. This requires that all students matriculated after one more year in any recognized college shall have the equivalent of a high school diploma. As large a per cent. of the graduates of the L. A. C. O. have successfully passed the California State Board examination as of any other system of practice.

We have set forth the above facts in order that prospective students looking forward to life work as a physician may know:

- (1) That there is no short cut to such education and discriminating students will matriculate for a course that will be both efficient and legal.
- (2) There must be good reasons why the 351 students of the Los Angeles College of Osteopathy for 1913 choose that course.

In presenting these thoughts to the readers of "Brain and Brawn," we realize that we are addressing non-conformists—those who have the mental quality of independence, courage and iconoclasm. We are engaged in education and research for what is true in the healing art, regardless of what its name is, its source or where it leads. We are not dominated by isms or schisms, but are after RESULTS. We want those who are trying to follow the truth to have equal freedom in all directions, but we want those readers of "Brain and Brawn" whose minds are open to dispassionate investigation, to visit all the departments of this institution, its four buildings, fifteen stories of laboratories, lecture rooms, hospital and clinic treating rooms. We welcome well qualified, interested, prospective students. For catalogue and illustrated souvenir, address, Los Angeles College of Osteopathy, 321 South Hill Street, Los Angeles.

Drugless Healers

[Brief items of interest for this department, such as changes of address, firms, etc., are solicited. They should be received by the fifteenth of the month. Address letters to the editor.]

The regular monthly meeting of the Association of Naturopathic Physicians of California was held on Tuesday evening, December 9, in the office of BRAIN AND Brawn. The secretary was instructed to correspond with the State Board of Medical Examiners and ascertain the standing of their local agent, Mr. Somner, who recently, in an interview published in a Los Angeles paper, referred to the Naturopaths in a libelous manner, comparing them with medical fakers.

Dr. Carl Schultz again referred to the desirability of taking in passive members, and explained how that is done in Germany. He also suggested that the Association should resume its health lectures. The expense would now be less, as the public school buildings are open for such purposes. Dr. Balzer announced that he had stereoptican slides which had been used with much benefit on such occasions.

Several members spoke on the urgent necessity of inducing all honest drugless healers to stand together for self protection and mutual advantage.

This magazine, in preaching the Gospel of Health, is constantly making converts from the drugging, serum-injecting, and carving school of medicine. Every such convert is a possible patient for a drugless healer. Broad-minded practitioners of all drugless schools will realize and appreciate this. Others will not.

Dr. P. Rudolph, a good friend of BRAIN AND Brawn, has removed his offices from the Nestor Bldg., to more convenient quarters in the centrally located Epler Block, 813 Second Avenue, Seattle.

Dr. N. B. Raider, of 4618 S. Figueroa St., has published an artistic booklet containing a paper on the principles of chiropractic, read before the California Association of Chiropractors.

Dr. A. P. Davis has organized a Neuropathic Society, composed of graduates and students of Neuropathy. It meets at the Neuropathic College, 154 West

23rd St., Los Angeles, on the first and third Fridays in each month. Drugless healers are welcome to these meetings.

Dr. Grover, of Portland, has been visiting in Los Angeles, and may decide to locate here.

Dr. Trescott, one of our Naturopathic Physicians, is building up a steadily increasing business. He has a lady attendant, and answers day and night calls.

Dr. Mary Kraft, osteopath and dietitian, is a practitioner whose ideas on diet are almost entirely in accord with my own. She is a born physician who combines common—or rather uncommon—sense with scientific attainment and practical experience.

Dr. Carl Schultz may still be found by old friends and new patrons at the office of Dr. August Greth, 748 West 7th St., on Tuesdays, Thursdays and Fridays from 9:30 to 11:30 a.m.

THE BUSINESS OFFICE.

Gillespie, the Second Street book-man, has bought out Pelton, the newsman, of 233 South Spring St., and will run both establishments. You will always find copies of BRAIN AND Brawn at both of these places.

Some of our back numbers will soon be all gone, and then you will not be able to get them at any price, unless you happen to pick one up somewhere. Better complete your sets before it is too late.

When your subscription expires, you will be notified. See that you renew it. We only send out one number after the subscription runs out.

If your newsdealer does not keep BRAIN AND Brawn, ask him Why?

A READY RETORT.

He—"Do you think obtaining the vote would make women masculine?"

She—"Why, no. It hasn't had that effect on you."—London Opinion.

BOBBIE'S TOOTH BRUSH.

Fond Mother—"Don't forget to put your tooth brush in your suit-case, Bobbie."

Bobbie (Going to the country for a vacation)—"Oh shucks, I thought this was going to be a pleasure trip."—Chicago News.

Our Advertisers

[NOTE:—Only approved advertisements will be inserted in this magazine. No advertisements of drugs, fake remedies, or off-color doctors accepted at any price. This will keep out some people, but it will make advertising space of more value to those who come in. Any complaints about advertisers whose notices appear in these columns will receive immediate attention from the publishers. If desired, advertisements will be written by the editor without extra charge. Copy should be received not later than the 17th of the month.]

THE SCIENCE OF ADVERTISING.

Advertising is a science. I have made a study of it for 40 years. Millions of dollars are made, and millions are lost every year in advertising. In my opinion the three chief mistakes made by beginners are these: (1) Trying to get too much matter into the space. All big advertisers have broken away from this bad practice. (2) Expecting results in too short a time. This is as sensible as it would be for a farmer to go out in the morning and look for a crop in a field he had sown the day before. (3) Constantly changing the advertisement. This means that a new impression has constantly to be made on the eye of the reader.

ST. JAMES' OIL.

Remarkable cures of scarlet fever are reported from a Scotch hospital, by anointing the body with oil. This practice is as old as history, and has been too much neglected of late. St. James' Oil is the best I know for this purpose. I use it myself and recommend it to my friends.

HEALTH FOODS.

Whenever you want anything in the line of health foods, don't fail to drop in at Van Houten's, 657 South Hill St. He keeps a full assortment and deals "on the square." His "Vitality Food" is constantly growing in popularity.

PLENTY OF MONEY.

While people are complaining on all sides that it is impossible to borrow money, even on good security, the Security Savings Bank comes to the front with an announcement that it is prepared to make building loans at the very reasonable interest of $6\frac{1}{2}$ per cent. This should appeal to many who are thinking of building.

HONEY.

Honey is as wholesome as refined cane sugar is harmful. I always recommend my readers and consultants to substitute honey for sugar, if they are not satisfied with sweet fruits. I came across the following in the *Nature Cure*, a new book just published by Dr. Lindlahr, of Chicago, and for sale by the Naturopathic Publishing Company: "White sugar is detrimental to health, because it has become inorganic through the refining process." There is a great difference in honey. C. W. Dayton, of Owensmouth, Cal., has made a life-long study of this subject. See his advertisement in this number, and send for some of his interesting literature.

RUPTURE.

Prof. Benjamin, who makes a specialty of a common sense, natural treatment for rupture, has particularly airy and healthful offices at 149 South Main Street. Nothing stuffy about them.

PYORRHEA.

Dr. C. E. Markey, the dentist of Pasadena, is a student and a thinker. He recently wrote to me: "The more I see of pyorrhea, the more I am convinced that diet is at the bottom of it—self poisoning."

SCIENTIFIC SWIMMING.

Last month, in an article on "Swimming for Health," by Prof. T. Wilkinson, swimming instructor at the Bimini Baths, Los Angeles, he was made to refer to the "back stroke," as a specialty of his. What should have been printed was the "scientific back stroke." It is a special stroke devised by the professor, and one that he has found most efficacious and successful.

Need Any Money?

WE want everywhere responsible agents—male or female, young, old or middle-aged—to act as subscription agents for this magazine. Liberal commission paid. You may break the eight-hour law every day, including Sunday, or you may work an hour once a week, just as you please. It is an easy and pleasant way of earning money, not like peddling, as the magazine practically sells itself—that is to say, among those who can think even a little. And while you are earning money you will be doing good, a rather rare combination.

Let us hear from you. You need not send any vaccination certificate.

AN IMPROVED OLLA.

You are making a mistake if you do not install one of those improved ollas, or "percolators." They cool and filter the water at the same time, and they cost only 50c a month, nothing down.

AT FOURTH AND SPRING.

M. P. Snyder has made as big a success of banking as he did of the "mayor business," which he held down for two terms. There has been some talk about his tackling a still bigger job, namely, the State of California.

TEACHING OSTEOPATHY.

The Los Angeles College of Osteopathy is a shrewd combination of science and business and energy. Consequently it flourishes. Its graduates are found all over the world. Recently one young woman telegraphed from New Zealand to know when the next course would open, and traveled three-quarters of the way around the world to get here.

A WHOLESOME TONIC.

Now that the cool weather is here you will find Malt Tonic much more wholesome than tea, coffee or alcohol. Besides, it is nourishing, which the others are not.

A REST CURE.

This is an age of speed mania. People should rest more and rush less. If you are looking for a quiet place where you can give the stomach a rest, or partial rest, while you are resting the body, look up Casa de la Vina, near Pasadena. Milk cure or orange cure if you wish or both combined. See advertisement.

HYDROPATHIC INSTITUTE.

Dr. Weinmann has moved his Hydropathic Institute to Pasadena, where he has large grounds and airy and sunny rooms, with full equipment.

HERBS.

Eugene C. Diez, of 438 Pearl Street, New York, keeps a full assortment of Father Kneipp's herbs. Write for price list.

OPEN-AIR LIFE.

How would you like, on an investment of \$5,000, to earn \$5,000 a year by riding around California in an automobile? Such an opportunity is offered to the right person in this number by E. E. Hamilton, of Hollywood. I know him. He is reliable.

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CARE OF THE HAIR.

Advertising columns are full of all kinds of remedies for falling hair, and thin hair. Many of these preparations are harmful to the scalp, when they are not merely useless. BRAIN AND Brawn does not run fake ads. That is why G. C. Lammers has an advertisement here of his method of treating the scalp. He is a thoroughly scientific man who has made a long and careful study of this subject, and you may rely on his doing you good. Like myself he tells all his patrons that he can do nothing for them unless they consent to a reasonable regulation of the diet, so as not to over-heat the blood.

Humor

TESTS FOR A LOVER.

A smart widow in the women's lounge at a Scottish country house was telling the other day that there were three courses through which every woman should put a man before she married him. These were eating, laughing and kissing.

"A man's laugh tells a lot," she said. "If it is hearty and merry he is good tempered; if loud and empty it means he lacks feeling. Beware of a greedy man. It will be a case of 'feed the brute' all the time."

And, according to her, kissing was the most important test of all.—London Exchange.

EASY TO SOLVE.

The arithmetic class in a country school, the Senator said, was called to the front by the teacher, and in a few minutes the youngsters were in the throes of fractions.

"Now children," began the dainty little school marm, "suppose that in a family of five, mother has only four potatoes between them. In order to give each one an equal share, what must she do?"

For a minute great was the silence in the school room. Every kid was doing all kinds of thinking, and finally up went Jimmie's hand.

"Well, Jimmie," said the teacher, "what would mother do?"

"She would mash the potatoes," was the prompt reply.—Exchange.

BIOCHEMISTRY

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THE HUMAN MAINSPRING

II.

YOU were told last month something about the philosophy of rectal dilation, a simple means of curing disease, based upon the power that Nature has placed at this great nerve center of the body. It is a simple, natural method of restoring good circulation. On good circulation of the blood the health of the body depends. When the circulation is good one feels well, and vigorous, and cheerful, and happy. In all cases of disease there is congestion, because the blood does not circulate properly.

It is a wonder that such a simple remedy as this, known from the earliest historical times, and now known to almost all tribes of people, should have been so generally ignored now-a-days. However, "there's a reason," as the imitation coffee man says. There are no big fees in this for doctors. It is altogether too simple. Every one can do it himself, so that would not do at all, you know. Just now, however, people are turning in disgust from drugs, serums, and unnecessary surgical operations, and are seeking for natural methods of treating the ills from which poor humanity suffers, owing to its erroneous methods of living.

This is not advertised as a "cure-all," although it comes perhaps nearer to it than anything else now before the public. It will not exactly raise the dead, but it will resuscitate those apparently dead, by drowning, electric shock, or otherwise. For this statement there is as good an authority as the "Scientific American."

Those interested may, by addressing Natural Cure, 303 Avenue 61, obtain full particulars.—Authorized Announcement.

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Otherwise you will lose both health and money. Nature alone cures. Give her a chance.

The Hygienic T. Bandage is a simple natural remedy for sexual debility and other ailments of the pelvic region in men and women. It is invigorating, soothing and quieting to the nervous system. Also, valuable in cases of bladder, bowel and kidney troubles.

The Hygienic T. Bandage, worn at night, works on the well-known principle of hydrotherapy, or the water cure. When used in connection with reasonable attention to diet and general hygiene the curative results are marvelous.

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—Harry Brook, in Brain and Brawn.

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HOW NATURE CURES; Emmet Densmore M.D.; 413 pp.....\$2.65
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THE FASTING CURE; Upton Sinclair; 153 pp.....\$1.15
 Interesting personal experiences by the author of "The Jungle," with good advice on fasting.

THE ENLIGHTENED LIFE; W. R. C. Latson, M.D.; 356 pp.....\$1.15
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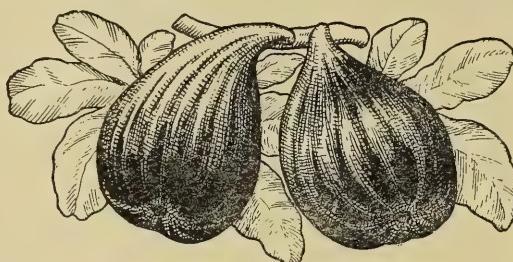
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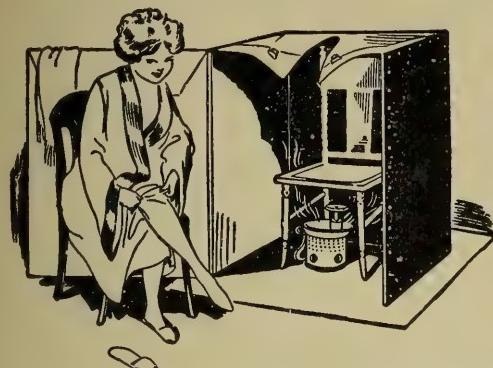
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A Stuffed Club

J. H. TILDEN, M. D., Editor

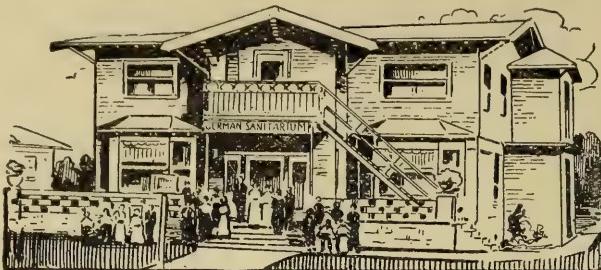
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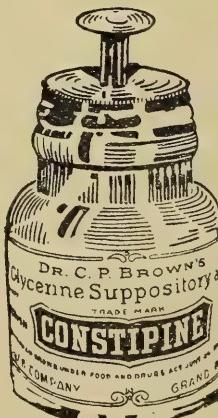
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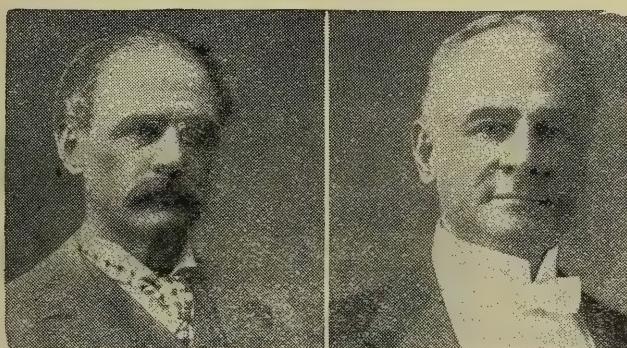
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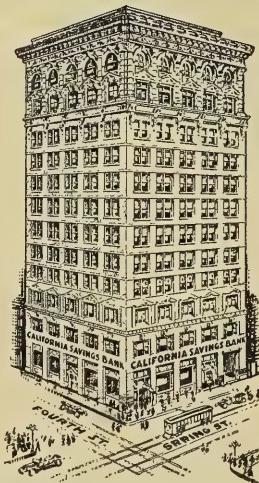
Sanford Bennett
at 50

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at 72

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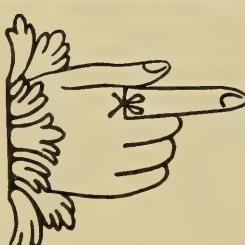
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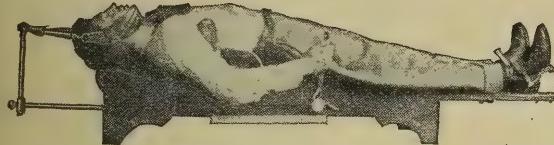


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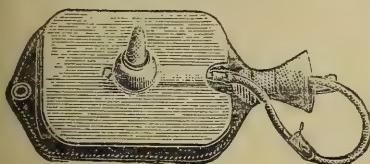
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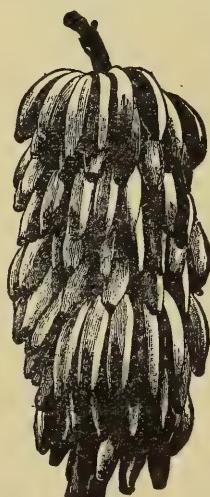
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Brain and Brawn

FEBRUARY, 1914

Harry Ellington Brook, N. D., Editor

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Vol. II

LOS ANGELES, FEBRUARY, 1914

No. 9

Cancer

THE Friedmann fake having been played out, the papers have recently been devoting columns of valuable space to the exploitation of a wonderful new cancer cure, by means of radium. Why the newspapers persist in doing this sort of thing I am unable to understand. There is now a Federal law compelling all paid matter to be marked "advertisement," or one might suspect that it is such. To thus raise false hopes in the minds of thousands of unfortunates, and cause many of them to postpone a real cure until it is too late, is gross cruelty. Doubtless much of this is due to ignorance, combined with a desire to print something sensational. One might, however, suppose that "wonderful cures" had begun to lose their news value.

The London Lancet, the world's leading medical authority, protests against "publication of optimistic statements about radium which are not only inaccurate but also raise false hopes among sufferers," and expresses regret that medical men should encourage such publication.

Prof. Ernest Schweninger, of Munich, Bismarck's physician, says the use of radium is a "gigantic swindle" and dangerous. Meantime the country will be flooded with "cures" although there are only two grams of radium in the United States.

The Equitable Life Insurance Society recently issued a statement calling attention to the extraordinary increase in the death rate from cancer, which is said to have assumed the proportion of a great plague. In ten years the rate has increased 30 per cent. in the United States. In 30 years it has increased 100 per cent.

The doctors tell us that the only cure for cancer is an early operation. This is false. It has been disproved by their own records. On another page I reproduce opinions on this subject by several members of the "regular" school showing that after operation, a cancer almost invariably returns. It might be added that it does so with greater malignancy. Nor is this at all surprising. Did you ever try to pull up out of hard soil a little plant with hundreds of tiny rootlets, and save every rootlet intact? If you have, you may to some extent realize the impossibility of entirely extirpating a cancer by the knife. Besides, even if they could, the cause of the cancer still remains in the blood. However, operations are profitable, and will therefore continue to be popular with surgeons and with physicians who receive commissions from surgeons.

The medical fraternity admits that it has not discovered the cause of cancer, although hundreds of thousands of unfortunate animals have been slowly tortured to a miserable death. They have not discovered it because they are always blindly looking for a germ—for some in-

fluence from without. Years ago the doctors told us that tomatoes caused cancer. It is only a few months since I saw a suggestion that cancer may be caused by cockroaches, and Sir William Bennett, the eminent English surgeon, recently stated in a London address that the "distinct relationship between the occurrence of cancer and the kind of fuel used for domestic purposes is accepted as decisive." In other words, cancer is caused by coal smoke. Would it be possible for an absurd travesty on "medical science" to be carried much further than this? All physicians are, however, not so foolish. I extract the following from an exchange:

Dr. Robert Bell, the famous English physician, in a recent article attributes cancer mainly to the eating of too much meat. He calculates that there are now 25,000,000 people in the world who are afflicted with this disease. He says that all the known "cures" of cancer have failed and that from his extensive experience he is convinced that the best that can be done in such cases is to reform the diet and pay strict attention to keeping the digestive and intestinal system in a thoroughly sanitary condition.

The main causes of cancer are two. First, the consumption of more proteid food than can be assimilated by the system. At other times such dietetic error leads to the formation of gall stones, and other morbid growths. Proteid food includes, besides meat, eggs, peas, beans, lentils and cheese, but the chief offender is meat, which is almost all proteid, besides containing much animal waste. Cancer among fruitarians is exceedingly rare. Here is an extract from an article that appeared some time ago in McClure's Magazine, describing investigations of Paul Ehrlich:

In this article is the first report of some cancer research work which Ehrlich carried out late last year. He first found the smallest quantity of the foods of various kinds upon which a mouse could subsist for several weeks. After several days' feeding upon this minimum amount the mice were inoculated with cancer cells, and it was found that whereas a tumor grew at once in mice whose diet consisted of meat and fats, that it did not grow on those fed with cereals, as rice. It was also found that if mice that already had a tumor were fed with rice, the tumor would cease growing and, in some cases, degenerate.

The late Nicholas Senn, a Swiss by birth, regarded as one of the most eminent of American physicians, declared, as a result of his investigations in Central Africa, that he found practically no cancer among certain tribes noted for their moderate eating. In other words, cancer is a disease of what we call "civilization,"—of the unnatural excesses that accompany our social life.

The second main cause of cancer is the injection into the blood of filthy animal matter. This has proceeded now for over half a century, in the shape of vaccination for smallpox, to which have lately been added injections for a number of other diseases, so that as I have previously remarked, it looks as if the human race would soon resemble a lot of poisoned pups. Perhaps, 'ere long, this practice may be forbidden by law, but the damage will have been done. We are already beginning to pay the toll in this alarming increase of cancer, and other fatal diseases. Think this matter over, dear reader. I hope not, but it may before long concern you, or one who is near and dear to you.

The formation of cancer is greatly encouraged by worry, especially religious and financial worry. What Calvin himself called the "horrible doctrine of predestination" has driven many doubtful melancholy souls to an untimely grave, for which reason, as I have heretofore de-

clared, you may trace a definite connection between Calvinism and cancer. Those Calvinists who egotistically take it for granted that they are of God's elect are immune.

For local treatment of external cancer there are poultice and liquid applications that extract them. It is a painful process. This, however, does not remove the cause, which is wrong diet, and if that wrong diet is continued, the cancer will in course of time, return. For an internal cancer, there is no other cure than a protracted fast. The late Dr. Dewey has shown that during a fast a malignant ulcer may be absorbed into healthy nerve matter. In the earlier stages a "proteid fast"—eating nothing but fresh sub-acid fruit—is an effective plan. After such a fast, if you resume your wrong method of living, with too much proteid food and a lack of organic salts, cancer will return, and perhaps prove fatal. And it will serve you right.

Is It Logical?

JIT IS no wonder that people become confused when those who call themselves experts differ so widely regarding the laws of health and the treatment of disease. There is a simple test you may apply in such cases. Ask yourself: Is it logical? For, you know, nothing that is illogical can possibly be right. Therefore, ask yourself, among other things:

- (1) Is it logical to suppress the symptoms of disease without removing the cause?
- (2) Is it logical to attempt to cure a poison in the blood by administering poisonous drugs, or poisonous animal serums?
- (3) Is it logical to force food into a sick stomach, when the juices necessary to digestion are almost entirely absent?
- (4) Is it logical to extirpate necessary organs of the body, such as the appendix and the tonsils, and to expect the body to function as before?

I might add a number of other questions, but these will do for the present.

Meat and Muscle

ONCE of the absurd claims put forth on behalf of flesh food by those who are ignorant of food values—including many physicians—is that it is necessary to furnish the protein or muscle forming element of food. Let us see: Here are the average amounts, in ounces, of protein contained in one pound of various foods.

Beefsteak, $3\frac{1}{4}$; dried beans, 5; cream cheese, $4\frac{1}{2}$; peanuts, 3; oatmeal, 2.

So, you see, that even oatmeal contains two-thirds as much, and beans 50 per cent. more protein than beefsteak.

We have devoted too much attention to the study of disease and not enough attention to the suffering individual. We have neglected the treatment of ill persons in our effort to make an exact diagnosis.—Geo. F. Butter, M.D.

Socialism

JFIND arguments on both sides of the Socialism question almost equally weak and unsatisfactory. The anti-socialists confine themselves mainly to calling the socialists "anarchists," "free lovers," and so forth. It is not a conclusive argument to call a person or a party names. As for Socialist orators and writers, they are, in my opinion, weaker than the cause they represent. Here is an article from "*Everyman*," (London):

It is generally assumed that Socialist books are preternaturally clever, and that most Socialist writers are endowed with some of the scintillating wit of Mr. Bernard Shaw, and of the corrosive irony of Mr. Wells. My own impression is that Socialist writers of the average Marxist type are extraordinarily dull, only a shade less dull than the representatives of the orthodox dismal science. It is equally assumed that Socialism is a bad case argued by very brilliant men. My own impression is that it is a very good argument, spoiled by superficial and bigoted advocates. Socialist debaters are generally so ignorant that they invariably stumble against the most obvious obstacles. They are so cocksure that they never trouble to meet the argument of their opponents, and they are intellectually so dishonest that they are always ready to impute moral dishonesty to their opponents.

Socialism is a beautiful dream. I think I hear someone remark: "A few months ago you said that Socialism would follow Republicanism as surely as Republicanism has followed monarchy." Sure, I did—and I say it again. I added, however: "Whether it will be a success or not is another question."

Any movement depends for success or failure on the individuals composing that movement. No chain can possibly be stronger than its weakest link. Therefore, Socialism, to achieve success, must begin with the moral training of the individual socialist, teaching him to be unselfish, public-spirited, self-sacrificing, and imbued with a sincere love for his fellowmen. When a sufficient number of such socialists have been gathered together—men who are con-structive, not merely de-structive—then, and not till then, will it be possible to give Socialism a fair trial. To begin with a mere form of government before you have the right men to govern, is like putting up a building without a foundation. It will not endure. As long as Selfishness is the main force in human nature, Socialism must be a failure. The mere name of a government means nothing. Great Britain is a monarchy, but in some respects the government is more democratic than ours.

In "*Socialism and Progress*" Bruce Calvert writes:

Economic determinism will never save him now nor then from the consequences ofovereating, breathing bad air, or poor breathing of good air. Materialistic conceptions will not eradicate the effect of sexual abuse, of booze, or bodily filth. For a swollen liver he cannot appeal to the theory of surplus values. The co-operative commonwealth cannot even cure a headache. At the last, men will find that the things of life closest to them are of an individual nature, and that each must work out his own salvation both now and after Socialism has triumphed.

Socialism is coming but we do not need to wait for that glad day to begin the practice of right living. We can hasten its advent and at the same time lighten the burdens of wage slavery, raising the standard of life enormously here and now by living the rational life, by making the most of ourselves and by striving for the highest in physical effectiveness, cleanliness and purity of body, thought and action.

O, yes, it will take an awakened intelligence, a little firmness, some slight

degree of self denial and self control. But the individual who expects to be one of the forces that will overturn the present social system of the world and inaugurate the new industrial commonwealth should not shrink from a little self control.

Meantime, this should not discourage or delay us in making and enforcing laws that will insure, as far as possible, justice to the under dog, and give the small fellow a chance to escape from being swamped by unfair competition. Such laws are being framed—and not only by those who loudly proclaim themselves socialists.

The Tariff

GEN. HANCOCK, running for President in 1881, when interviewed about the tariff declared it was a "local question." Whereupon loud guffaws went up from papers and people who do not think. Hancock was absolutely right. The tariff is a local question. The California lemon grower is willing to see the tariff abolished on New England cotton goods, and the cotton manufacturer would admit Italian lemons free of duty. As Artemus Ward said, they are all ready to sacrifice their wives' relations on the altar of their country.

If the welfare of the worker is the object sought, rather than selfish interests, why not tax foreign labor, that pours in to compete with hundreds of thousands of Americans out of work?

The people will benefit little by a reduction of tariff, after the foreign producer, the importer, the jobber, the wholesaler, the retailer, and the transportation companies have had their nibble. Yet it is well that it should be reduced, for nothing has done more to demoralize and debauch our government than the high protective tariff. True, there are "infant industries" that need protection, until they are able to stand alone, but these—mostly agricultural—have received the least attention, while infants grown to be lusty giants we have continued to feed on pap.

Decadent Civilization

A WRITER in a local paper regarded as a hopeful sign what she called "this taste for barbarism; this thirst for elementals" that is gradually taking hold of us in every department of life. Among other things, she instanced dress, language, manners, dancing, music, art and literature.

It is true that virile barbarism is superior in many respects to what we call civilization, but unfortunately what we are going through now is not barbarism. It does not bring us closer to nature, but farther away. It is decadent civilization. The difference between the two is as great as the difference between a sturdy sapling and a rotting fruit.

I do not believe in the immortality of the soul, but I do believe in the intelligence of the individual cells that constitute our bodies. It may be that the intelligence of a human being is the sum of the intellects of all his cells—this idea has been advanced, but I do not know how truly.—Thomas Edison.

Drugging a Nation

WE hear much about the ravages of alcohol, but little about other habit-forming drugs, that are far more dangerous. An alcohol drunkard may often be reclaimed, but once a man becomes thoroughly addicted to opium or morphine, or cocaine, he is almost hopeless. Such a man, when deprived of his favorite drug, may go so far as to murder his mother, or to sell his wife.

The United States is now second to China, and ahead of every other country in the world, in the use of opium, and the narcotics derived from it. Four hundred thousand pounds of opium are imported into the United States each year, and 150,000 ounces of cocaine are consumed annually.

"Heroin," a derivative of morphine, is the latest addition to the habit-forming drugs. It is said to be more dangerous than cocaine or morphine, sometimes causing immediate death. Five sudden deaths from this cause were reported in New York last year.

All these deadly drugs were first introduced by the medical fraternity. Even alcohol was first given to the world by a physician, and was highly praised as an "elixir of life. Absinthe was introduced by French army surgeons in Algeria. First a drug is used by the doctors. Then it is "ethical." Later it is adopted by the public, when it becomes "dope." At an address recently delivered in Washington, before a meeting of the American Society for the Study of Alcohol, Dr. L. F. Koehler, Chief of the Drug Division of the Department of Agriculture, declared that the medical profession is doing more to spread the drug habit among the American people than all other agencies combined.

Physicians themselves are prominent among users of habit-forming drugs. Dr. B. C. Keister, a specialist of Roanoke, before a meeting of scientists and specialists in Philadelphia, asserted that one-fourth of the medical profession are now victims of the morphine habit. This is a startling statement that I should not have ventured to quote, had it not been made by a member of the regular medical fraternity before a meeting of his fellows. Surely it must be grossly exaggerated.

Income and Outgo

WHEN a man's income exceeds his expenditure, he is in a good condition, financially. When a man's intake of food exceeds his outgo of energy, he is in a bad condition, physically.

To keep a proper balance between alimentation and elimination is the main secret of health. Alimentation, by eating only enough of natural food to furnish heat and energy, and replace the small amount of daily waste, and elimination, by promoting action of the skin, lungs, bowels, and kidneys. To over-eat, and then to over-exercise in order to work off the surplus, is as foolish as it would be to turn on the tap of a bath tub while the plug is out. If you eat rationally, you need only a small amount of exercise to keep in good health. You need, however, all the fresh air you can get.

True and False Prevention

THERE is an oft-quoted saying that "prevention is better than cure." This is correct, if it is the right kind of prevention. In some cases prevention may be worse than cure. For instance, you may remove a woman's ovaries, and she cannot thereafter breed, but she will for the rest of her life suffer from various "female complaints," worse than childbirth.

A New York dispatch recently announced that to prolong the span of human life, the Life Extension Institute was incorporated at Albany. It purposed to establish bureaus in every big city in the United States. Former President William H. Taft is the chairman of its board of directors and Col. William C. Gorgas will be chief counsellor on sanitation and hygiene. During a discussion of the project, reference was made to the Chinese custom of paying doctors while the patients remain well, and cutting off their fees as soon as the patients become sick. Also, I believe they sometimes cut off the doctors' heads. The Chinese, however, while they use weird and often disgusting remedies, do not practice such unnatural and dangerous methods of prevention—which does not prevent—as the swallowing of drugs, the injection of animal serums, and unnecessary surgical operations. Nor do they attempt the absurd and impossible feat of quarantining against disease. As if one could quarantine against the atmosphere.

Col. Gorgas did good work at Panama, but it was simply a question of cleanliness. Conditions there, as in most tropical countries, were inexpressibly filthy, and he cleaned up. That is all there is to the removal of contagious diseases—cleanliness. Inner and outer cleanliness. Indeed, that is all there is to health. If a person's blood is perfectly pure, he is absolutely immune to disease of any kind. He cannot even catch a cold.

It looks as if this might possibly be another movement in the direction of State medicine. What we need is less medical examiners and more teachers of health and sanitary engineers.

Fads

REFFERRING to a new organization for the extension of life, Prof. Irving Fisher, of Yale, stated that the institute hopes to "steer a scientific course between the Scylla of foolish fads, which beguile the unwary, and the Charybdis of conventional ways of living, which most of us accept blindly, because others have accepted them before us."

This would be a good suggestion, were it not for the fact that in the eyes of the "regulars" every natural method of aiding nature to remove the cause of disease, such as hydrotherapy, osteopathy, and fasting, is—or has been—called a "fad," while every unnatural method of suppressing the symptoms of disease, such as poisonous and often habit-forming drugs, filthy animal serums, and the extirpation of necessary organs of the body, when brought forth by an eminent "authority" is a "wonderful medical discovery."

Wise Employers

WHILE the chasm between capital and labor continues to widen, it is encouraging to note that many employers are attempting to bridge that chasm, by treating their employees like white people—by looking to their comfort, and sometimes by giving them a small interest in the business. It is becoming quite common for employers to distribute at the end of the year, a small unofficial dividend among those who work for them. One large Los Angeles store not only gives its employees a Christmas gift of a week's salary every year, but also allows its sales people regularly a percentage upon the amount of their annual sales.

One of the most remarkable cases of this kind is that of Henry Ford, the motor car manufacturer of Detroit, who a few years ago was a penniless farmer boy, and now is immensely rich. He recently announced that every man over 22 employed in his factory at Detroit will hereafter receive at least \$5 a day. He employs 16,000 men.

This is wise, merely from a selfish point of view. It pays financially. Employees thus treated would be less than human if they failed to do a little more for the employer who treats his help as something more than machinery. And there are a hundred ways in which such increased interest may unobtrusively be shown.

Advanced theoretical socialists may sneer at this sort of thing, but every true friend of humanity will welcome such a spirit, as tending to avert, or at least postpone, a war that sometimes seems almost inevitable—a war that would be the most terrible ever waged on earth.

Growing Old Gracefully

WE have been told many times of late that a man is as old as his arteries. You may keep youthful for many years by diet, exercise and the cultivation of a cheerful disposition, but you cannot put off the Old Boy indefinitely. Those of our New Thought friends who talk of living forever, turn up their toes when their time comes, just like the rest of us.

It is usually women who lie about their age, but some men are foolishly vain on this point. Some who do not believe that gray hair is a crown of glory patronize druggists and dye their hair, which usually has a ghastly effect. While we cannot avoid growing old, we may learn to grow old gracefully. If there is anything more disgusting than a bewigged, bepowdered, and giggling coquette, whose lack of physical charm is accentuated by an attempt at youthful appearance, it is a senile old buck, with a sensual leer, whose sexual potentiality has moved up from the normal location to his cerebellum.

Believe me, there is a compensation about old age that hot-blooded, impatient youth may not know. That is, to those who, while maintaining a youthful interest in life, are able and willing to grow old gracefully.

In all labor there is profit; but the talk of the lips tendeth only to penury.—Solomon.

Popular Dances

THOSE modern dances that permit of close physical contact between the sexes are popular with men who formerly could rarely be induced to dance, so that hostesses were at their wits' end, and girls often had to dance with each other. There is nothing at all surprising about this. The sexual instinct is the strongest force in the animal kingdom, and man is but a higher animal. When that force wanes men begin to criticise and condemn what they formerly enjoyed. There is no more severe critic of morals than a reformed rake. The same impulse that leads men to attend these dances causes "young, old and middle-aged men" as the advertising quacks say, to crowd the theater at a "leg show."

If mothers realized that indulgence in these salacious dances is like playing with fire they would be more careful. However, I said all I have to say for the present on this subject in the September number.

The Majority is Always Wrong

ALL our social institutions are based on the majority rule. Yet it is a fact that the majority is almost always wrong. Again, most people are inclined to apologize for their thoughts and opinions, if they happen to be in the minority, and perhaps sneakingly to suspect they may possibly be wrong themselves. In "Rational Education," Bruce Calvert says:

Because the majority of the people believe a thing is no evidence of its truth. On the contrary, it is just when we are most cocksure about things that we make the biggest fools of ourselves. "The mass has always been wrong upon every question," says Matthew Arnold. For our own sakes we dare not accept any human judgment as right and final so long as there's one dissenting voice in all the world. "Only what nobody denies is so," says Old Walt.

Again, following is from "The Enlightened Life" by the late W. R. C. Latson, a clear thinker:

All through the panorama of history, through the wonderful story of human progress from the original barbarism up toward the civilization which we today know—all through this process it may be observed as a significant fact that the majority has always been wrong, and that the wisest have stood alone. Noah building the ark, the laughing-stock of the world around him; Moses standing alone in the desert, condemned by the very people whom he had brought out of slavery; Paul, Stephen, Luther, Cromwell, Christ on the cross—all these were alone, all these were in the minority. And all of these were in the right.

During the ordinary medical college course, the average student is "educated" in a way to deprive him of his native common sense, and to so unfit him for study along natural lines, that it requires half a lifetime of busy practice to undo the mischief of it.—Dr. John Kirk.

There is no wilder delusion than that which asserts that artificially poisoned blood is essential or useful in the treatment of disease.—Elmer Lee, M.D., in *Health Culture*.

Briefs

What's the matter with the weather? On January 12, Yuma, Ariz., had the same temperature as Sitka, Alaska—42 F.—and both were 37 degrees warmer than Chicago.

Dr. Haggerty, of St. Louis, in the Journal of the A. M. A., declares that he knows of seven deaths from "606" in that city.

No wonder there are unemployed. With modern machinery one man does the work a thousand did before. Back to the land.

The best way to reduce the price of beef is to stop eating it.

It is satisfactory to note that auto speeders are being killed off at the rate of about 200 a day. Unfortunately many innocent people suffer with the guilty.

The Balkan war cost \$745,000,000. The net result was 238,000 men killed, or \$3132 per man.

L. A. Merriam, M.D., of Omaha, in a paper read before a medical society, said 80 per cent. of operations are unnecessary and unwarranted. His paper was not ordered published.

A writer says women stand in cars to show their dresses. Most of them would rather sit if they had a chance.

Squabbles between medical schools make many converts to Christian Science.

Prof. Muensterberg says women "are unwilling to listen to argument, will not change their opinion, and are mentally stubborn." I have known some stubborn men, also.

Of 5000 children in the Battle Creek public schools only one perfect boy was found.

Dr. Roux, of the Pasteur Institute, Paris, now says that "vaccines and serums for the cure of tuberculosis are without effect."

Slobbing over brutal murderers was formerly mainly confined to hysterical women. Now it seems to be spreading to the papers.

A man lived a week on tabloid food. Wonderful! Many have lived over six weeks on nothing.

A Los Angeles judge thinks there should be an age limit for old marrying people as well as young ones. Good.

A two-year-old child in Los Angeles was killed by drinking a pint of whisky.

The French government netted \$105,000,000 last year from the tobacco monopoly.

Greek women wore slit skirts 2000 years ago, but they wore no tights beneath.

The Anti-Vivisection Society of Southern California had an artistically decorated automobile in the Pasadena Rose Tournament.

The California lobster is a crayfish; California canned tuna is albacore, and California "filet of sole" is halibut.

Dr. S. Weir Mitchell, who died January 4, at 83, was an advocate of the rest cure for nervous diseases. A fine thing; but give your stomach a rest also.

In a small Spring Street restaurant: "Coffee with Cream, 5c." "We Do Not Cater to the Colored Trade."

The chief of the meteorological observatory at Kagoshima disemboweled himself, because he was criticised for not warning the people. Such a nation may be defeated, but never conquered.

The latest English treatment for tuberculosis consists in cutting out the greater part of the large intestine. Always cutting.

If Governor Johnson succeeds himself, he will do what no governor of California has yet done.

Distilleries, navy yards and gun factories employ many men, but it does not follow that they are beneficial.

In Berlin and Paris one may not throw paper on the streets. In Los Angeles one may scatter banana and orange peel on the sidewalk. We are a free people.

An Englishman who has reviewed biographies of famous men declares that nearly all men of genius have had dark brown or black hair, and nearly all of them curly hair.

Secretary of Commerce Redfield says the human element in manufacturing cannot be treated from the mathematical standpoint. An important fact often ignored by employers.

Defective roadway and defective equipment—especially rotten rails—caused more than 70 per cent. of derailments in America last year. This, again, is due to greed.

A Los Angeles man advises bachelorhood as the key to long life, health and happiness. Insurance companies say married men are better risks than bachelors.

A U. S. statistician says the dollar, at par in 1903, is now worth only 51.4 in purchasing power. Getting near to a dollar "Mex."

Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

Vol. II

LOS ANGELES, FEBRUARY, 1914

No. 9

Advice to Tenderfeet

I RECEIVE so many inquiries from all parts of America, and from many foreign countries, regarding conditions in California, that being unable to answer by mail, I have decided to print a few words of advice to "tenderfeet," as new-comers in these parts are called. It is the same advice I have been giving for a quarter of a century through other channels.

(1) Don't imagine that this is a tropical climate. There is a very great difference between night and day, and between sun and shade. Invalids should provide for this.

(2) Don't stay in a California city if you are a "lunger." With its long rainless summer and much floating dust, mixed with filth of all kinds, including dessicated consumptive sputum, a California city is about the worst place a consumptive could choose. Get out in the country.

(3) Don't imagine that this is a "wild and woolly" section, gaping with "long-felt-wants." Los Angeles is less provincial than New York.

(4) Don't come here with the idea of getting a light job at fair wages. There are a few thousand others who saw that idea first. As I have said, owing to its widely advertised climatic charms, Los Angeles is probably the very worst place in the United States for those seeking light employment—and sometimes for those who are able and willing to do hard work.

(5) Don't buy a farm in California until you have lived some time in the state, or you may regret it. Farming conditions here are entirely different from those prevailing in the East. Better rent a farm first for a year. You will save by doing so.

(6) Don't believe all you read about buying a beautiful bungalow "just like rent." Sometimes you will find that it is indeed just like rent—with the difference that you forfeit whatever amount you have paid on deposit, when you are unable to continue your installments.

(7) Don't expect to make a competence on an acre of land. It is true that in some cases those who understand the intensive culture of the soil, and are able and willing to work hard, from morning until night, have succeeded in earning a good living for themselves and

their families on one acre of rich soil, with plenty of water for irrigation, but they are exceptions.

(8) Don't neglect to investigate the water supply of any land you buy. It is the main thing in California. A piece of land on one side of a ditch may be worth \$250 an acre, while exactly similar land on the other side of the ditch is worth only \$25.

(9) Don't expect to get rich in a few years on a 40-foot "industrial site" within a mile of Los Angeles Harbor.

(10) Don't come to Southern California unless you have enough to live on for at least six months. Sufficient for a year would be better.

(11) Don't deal with any but reputable agents. There are plenty of them in Los Angeles—and many of the other kind.

"We Are Seven"

IT is a rare thing now-a-days to find any branch of the publishing business that is not badly overdone. Every profession and business and cult boasts not only an "organ," but complete literary orchestras, from bass drums to piccolos. Even the beggars have a journal in Paris.

So far as I am able to reckon, there are, in this country of nearly 100,000,000, only six other magazines, of some importance and standing, devoted to the propagation of the Gospel of Health. Name the six? Not much! I am a man of peace—except when dealing with wrongdoers. There are more than that number of publications representing one part of the machinery of an automobile. Surely the health and efficiency of the human body is of as much importance as the care of an auto.

Thus, you see, I may truthfully claim that BRAIN AND Brawn goes some way toward filling the old aching void, sometimes referred to as a "long felt want."

As I have said, there are three classes of people who object to sex education—those who expect to profit by sexual ignorance, those who do not realize the awful results of such ignorance, and those who mistake ignorance for innocence.

Some use big words to show their knowledge, conceal their ignorance, or because they don't know better. I endeavor to write plain English for the plain people. I can sling six-bit words with the best of 'em.

We do not run any rotten advertisements in this magazine, at any price, although we need the money.

A Varied Menu

WITHIN one week recently the editor of a widely read Eastern magazine and the manager of a large Los Angeles news store, each told me that BRAIN AND Brawn is the only magazine they read every month from cover to cover.

This is flattering. I do not expect all readers to devour the contents so completely, this being an a la carte, not a table d'hôte meal, I am, however, sure that all readers who think even a little will find in each of these numbers something to please and interest—and perhaps instruct—them, for surely I offer you each month a sufficiently varied menu. Nicht wahr?

Too Many Pathies

THREE are too many pathies—and more coming. Recently I came across "masteropathy." That would seem to be about the limit, unless, indeed, some one should go it one better and start "missusopathy." Naturopathy, or the Nature Cure, includes every rational method of aiding nature to eliminate disease, which is all that any healer can do.

Bollydicks

THAT old tragic melodrama "The Empty Democratic Dinner Pail" having proved a lamentable failure, the industrial circus parade has now received orders from headquarters in Wall Street to move on. Having failed in ridiculing Wilson as a scholar, the tip has gone down the reactionary line to discredit the administration by making a clown of Bryan. It doesn't work.

There is an increasing number of people in this country who are able to think.

It is not what a person eats that does him good, but what he digests.—Benjamin Franklin.

Youth and Age

Youth, with infinite pain,
Wearily tugs at the chain;
Age knoweth best—the anchor means rest—
Therefore the struggle is vain.

Youth, with his eyes a-daze,
Sees but half—in a maze.
Age seeth clear—but the price is dear—
The loss of the rainbow haze.—Soundview.

Brooklets

I am not vindictive, but when I see a man maltreating a trembling horse, doing the best it can, I feel that I could conceive and carry out a punishment to fit the crime.

* * *

No man will reach old age who over-eats and under-sleeps. Oh, yes, I know, but Edison is not old yet, and Napoleon died comparatively young.

* * *

It is an even race between the reporter, the real estate agent, and the advertising agent for—suppose we say lack of bashfulness.

* * *

We hear much of unemployed working men, but little about the clerk, who must say, with the man in the Bible: "Dig I cannot; to beg I am ashamed."

* * *

I avoid places where they mark things "and up." Be honest, and say "From 50c to \$5," or whatever it may be.

* * *

It is well to ask a favor after lunch, unless the man has dyspepsia, when you are never safe.

* * *

Farming is hard work, but beats toadying for a living.

* * *

Unhappy rich people remind me of a man with a pocket full of cigars and no match.

* * *

Medical journals should be called "disease journals," to distinguish them from "health journals." They contain little about health.

* * *

Some have a habit of differing, merely for the sake of argument. I never take such bait. Life is too short.

* * *

We have dull times when people talk dull times, and prosperity when people talk prosperity. Mental suggestion.

* * *

I sometimes envy those who live only to gratify the senses. They enjoy much less, but also suffer much less.

* * *

Physicians condemn abortion—when performed by an "irregular."

* * *

"Ologies" and "pathies" do not help much at the bedside of the sick and suffering.

* * *

If appendicotomy continues to spread, we must organize an S. P. C. B.—Society for the Prevention of Cutting the Belly.

Cancer Cannot be Cured By the Knife

FOllowing is an extract from an article by Eli G. Jones, M.D., in "Health Culture":

Sir James Paget, of England, says: "The cases in which cancer does not return after operation are not more than one in 500." Sir Benjamin Brodie, after he had removed 500 cancers of the breast, said that he would not remove another without telling the patient that the operation would not prolong life.

Dr. James Wood, Royal College, London, said: "Gentlemen, I have operated on some thousand cases of cancer, and they all returned but six, which were not cancers." Dr. Thomas W. Cooke, Cancer Hospital, London, says: "From 1851 to 1863, there were 413 cases of cancer operations, and the average time before they returned was only six months."

Dr. Monroe, of Scotland, operated on sixty cases of cancer, and at the end of two years only four out of the sixty operations were successful. Dr. Walsh, in his work on "Cancer," says: "The knife can be regarded neither as a means of curing cancer or of prolonging the life of the patient."

From my experience of forty-three years in the treatment of cancer, four-fifths of the cases that came under my observation had been operated on and the cancer had returned. I have never seen a case of cancer permanently cured by surgical operation.

I have seen cancer of the breast operated on from eight to twelve times before death closed the scene. Time and again, I have seen cases where the breast was removed, also the glands under the arms of the afflicted side, and still the cancer returned, and caused the death of the patient.

In the public press some surgeons have advocated "early operation as the only cure for cancer." Of course, the earlier the operation is performed, the more times the patient will have to be operated upon, for cancer returns after operation. It means so much more money for the surgeon.

If the knife is a cure, why is it that 75,000 persons die annually from cancer in the United States? Why is it that we have been told repeatedly within the past 100 years that there is no cure for cancer, if operation is a cure?

From correspondence with physicians of all schools, during the past thirty years, I find that the rank and file of our profession is disgusted with the knife as a cure for cancer. They look for something better. It is the surgeon, who makes it a business of cutting out cancer, that upholds surgical treatment.

It seems to me that the public should know that the knife does not cure cancer, but hastens death. For many years scientists have hunted for a "specific" for cancer, as well as for other diseases. It is well that the public should know the truth; there is no specific for any disease.

Serum Cured Hams

AT the recent annual meeting of the American Veterinary Medical Association, criticism was made of the use of hog cholera serum. A report said: "There is a probability of inoculation causing abscesses not discoverable until the ham is sliced for use."

How delicious this serum cured ham doubtless tasted, for decaying meat is sweet. But how about the effect of these serums on human beings? Because, you know, we do not often have a chance to slice a man up and find out. It is only the doctors who are privileged to do that, and they don't tell about such things as the harm done by serums.

Hopeless at Forty-five

IN the first week of January a wealthy man, head of a wholesale flour company, and formerly a resident of Los Angeles, shot and killed himself in a bedroom of a Los Angeles club. He was only 45 years of age. For five years, we are told, he had "visited almost every part of the world in quest of health." As if a man may find health through change of climate, when he does not change the habits that have caused his sickness. As I have said, you cannot run away from your stomach. The doctors finally forbade him to play golf, and that was the last straw.

Many thousands of useful lives are thus sacrificed to ignorance and superstition. There is no shadow of doubt that this man's life might have been prolonged for many years by the Nature Cure, or natural method of aiding nature to restore normal conditions—of giving nature a chance. Even when the heart is organically affected, life may be greatly prolonged by lessening the blood pressure, through careful regulation of the diet. It is a fact that at least 90 per cent. of those who finally come to the Nature Cure, have been given up as hopeless cases by the "regulars." The main reason why they delay so long is that this cure involves patience, perseverance and self denial, qualities that are very rare. There is, however, no other way; nor will there ever be any other way. So it is a case of choosing between a little self denial, and a lingering—or if you are lucky, a sudden—death.

Wealthy men like the one referred to have less chance of getting well than the poor, because it is harder for them to break away from the meshes of medical superstition.

Woman the Superior Animal

FOllowing is an extract from a lecture delivered in London by Dr. A. T. Schofield, at the Institute of Hygeia:

"The better developed the woman both physically and morally, the more marked the improvement of the race. Whereas man's physique is no longer as important as it was—for modern inventions have replaced mere muscle—the woman's body is always important, since she is the bearer of the coming race. * * *

"Again, if you come to consider the points which distinguish the human species from the beasts, you will find that women possess these to an extent more marked than men.

"For instance, a woman's ear is more human than a man's, and so is her lower jaw, as well as her skin. Nor is there any animal whose first 'finger' is longer than his third. Now you will find that this is the case with most women—and certainly with all good-looking women."

Syphilis is possibly 90 parts mental and drug poisoning to 10 parts real.—J. H. Tilden, M.D., in "A Stuffed Club."

In the article on vivisection in the January number, Dr. Herbert Snow, who was quoted as denouncing vivisection, was referred to as for "two" years chief surgeon of the London Cancer Hospital. It should have read "twenty-nine" years.

"Catching Cold"

THIS is the time of year when those who are susceptible, through wrong living—especially wrong eating—“catch cold,” as the saying goes, although it is quite erroneous. For the benefit of new arrivals in the family, I reproduce the following, which I published a few months ago:

“The ‘night air’ superstition is beginning to disappear, since sleeping-porches became fashionable, but the superstition about the danger of draughts still persists. ‘You will catch your death of cold’ is a favorite suggestion to those who sit in a draught. Pure water is moving water; still water is stagnant water. It is just the same with air. Nobody ever ‘caught’ anything except health—from moving air. Colds—which are really fevers, as the Italians call them—are caught at the table, by over-eating, and eating of stimulating food and condiments, especially salt. Many of my consultants have got rid of colds simply by dropping salt from the menu. The draught merely gives the fillip that braces the system to an effort. How could a whiff of pure air possibly produce all that mucus that comes out for days or weeks during a cold? It has been floating in your blood for months, perhaps years. A good thing to get rid of it. How much lighter and better you feel after such a housecleaning. Think, then, of the folly of suppressing colds by drugs.

“When you ‘catch’ cold it is a punishment for your dietetic sins. Eat moderately, of non-stimulating food, without condiments, wear light clothing, take air baths as much as possible, and you may sit all evening in a draught, wearing water-soaked clothes, yet you cannot ‘catch’ cold, because there is no morbid matter in the blood to be expelled. The inner hardening must, however, precede the outer hardening. Otherwise the effects may be unpleasant, or even dangerous.

“What I have said of colds is true also of asthma, and pneumonia, and other ailments. These, like colds, are all caught at the table, through over-eating and wrong eating.”

Theodore Caldwell, who conducts an excellent Nature Cure sanatorium near Pasadena, writes to me as follows:

“An English friend of mine, a hardware dealer, has by reason of continued body cleansing, become immune to colds. I have known him to sleep outside a tent, on the damp cold ground, without the slightest signs of catarrh, rheumatism or any other ailment. The same man has courted disease by sleeping with smallpox patients, but has received no harm. An emaciated nervous wreck ten years ago, he is today like a boy of twenty-five. Given up to die by the specialists of the profession, he was compelled to ‘start in’ to find out for himself, the fundamental causes of disease. He found both the cause and the remedy. Even a bald head re-grew a good crop of hair. This is by no means an isolated example. I myself will guarantee to bring on a cold in a couple of days, and get rid of it in a few hours, and I won’t go to bed either.”

In brief, if you wish to be absolutely immune from colds of all kinds, and their more serious sequences, here is the receipt: Eat abstemiously of non-stimulating food. Fast occasionally. Avoid table salt, woolen underclothing, and foul air, and harden the body by exposure to the air and sun, and occasionally to cold water.

When, however, through breaking the laws of health, you have “caught” a cold, never try to suppress it or “break it up.” That is as grossly foolish as it would be to sit on a safety valve of an engine. Encourage nature to

throw out the morbid matter in your system. Stop eating absolutely. As I have said, a cold is a fever, and when fever is present there can be no digestion, as the digestive juices are almost entirely absent. Sip a little lemon juice and water, sweetened with honey, not sugar. Go to bed if you can, for a couple of days. Take a good sweat, open the bowels several times by means of a thorough flushing with an enema. This will accelerate the house-cleaning, and after the cold is over you will feel better than you have for many moons; whereas, if you should be so foolish as to try to suppress it with drugs, it will inevitably break out again before long, in some more dangerous fashion—perhaps in the shape of pneumonia or pleurisy.

Parsons and Physical Culture

JT is a common trick among teachers of physical culture to represent themselves as being much older than they are, in order to prove the merits of their system, just as beauty doctors usually pretend to be much younger than they are. For instance, there is Otto Hanish, the Mazdaznan, who claims to be over sixty, whereas he is not yet fifty. Old Captain Diamond, of San Francisco—not a teacher of physical culture, but formerly an advertiser of the virtues of a California brand of olive oil—was 108 when I saw him ten years ago. His age is now given as 106. A professor of physical culture, who seems to make a specialty of working the churches, has been forming classes among the Los Angeles ministers. When he was here a few years ago he claimed to be seventy-two years of age—the “youngest old man in America.” He was then not fifty.

One prominent parson advertised the enterprise—and incidentally himself—by having his picture displayed in an evening paper showing him standing on his head. Some might say this was quite appropriate.

Unhealthy Advice by Mail

THE U. S. Department of Agriculture recently issued a bulletin warning the public against people who give dietetic advice by mail. The department itself is in the habit of giving dietetic advice by mail, in the shape of bulletins. According to a Washington dispatch, it recently issued one on the subject of suet, in which it urges the more free use of this fat, for frying and shortening, declaring that it is as valuable as lard.

Suet is one of the most indigestible substances that are imposed upon long-suffering stomachs. It is the chief offender in the English plum pudding, and the main cause of the drowsiness and dyspepsia that so often follow the eating of that “death warrant” as my father was in the habit of calling it. Why should the Department of Agriculture recommend either beef fat or hog fat, for cooking purposes, when there are so many wholesome and inexpensive vegetable fats available—olive oil, cocoanut butter, cotton seed oil, peanut oil, etc.?

The U. S. Department of Agriculture may give good advice by mail on diet for hogs, but it gives rotten advice by mail on diet for human beings.

A “mixed diet” so often recommended by the unthinking or ignorant, is the most illogical of all diets. The only animal that follows a “mixed diet” is the hog, and that only when it has been “civilized” by man.

Farms versus Factories

FARM crops are better evidence of prosperity than factory smoke. One cannot live on smoke. Here is an extract from an article by Charles Dwight Willard, in the California Outlook:

"When a nation embarks on a system of providing luxuries and neglecting necessities, so that the cost of living steadily advances and poverty becomes more general and more acute, no matter what the aggregate figures may show, it is losing wealth instead of gaining it.

"That is what we have been up to in this country since the civil war, and it is only of late that we have caught ourselves in the act and have promised to reform. We have neglected agriculture and have allowed a stigma to fasten upon life on the farm. Some of us have grown very rich gambling in farm products, but the high prices have not worked back to those on the soil. We have drawn the people into the cities, raising the percentage from ten to nearly forty. We have arranged our tariffs to build up manufacturing at the expense of everything else. We have brought in foreigners at the rate of a million a year and set them to work for the steel trust and the wool trust and a lot of other trusts, but have sent few of them into the fields to farm.

"The result of setting up these false ideas of what constitutes wealth in a nation is that we are getting long on luxuries and short on necessities, and from that comes the high cost of living. It keeps rising higher, and there is no reason to believe that the end is in sight.

"Suppose this neglect of agriculture went on indefinitely. Suppose everybody went into manufacturing or moved into the cities. It would have looked fine in the statistical articles all bristling with dollar marks, but starvation and plague would presently be in possession of the country."

The article from which the above extracts are made was perhaps the last written by Willard. It well illustrates his clear reasoning and independent thought. He passed away in his sleep on his 54th birthday, January 22. During the past quarter century he did much for Los Angeles and Southern California.

Linda Hazzard Goes to Jail

LINDA BURFIELD HAZZARD, of Seattle, who has healed many by the fasting cure, has therefore been prosecuted and persecuted by the medical fraternity for many years. She is now in the penitentiary in Washington on a charge of starving a wealthy Australian woman. Her husband, in a letter to me, dated January 7, wrote:

"The errors that Mrs. Hazzard has committed have been those of judgment, and then, too, she was given by her original trial attorneys perhaps the rottenest defense ever put up in an important criminal case. She was not permitted, despite her protest and my own, to go upon the stand in her own defense, and her patients were denied the privilege of testifying for her. The time for regrets is past, and it is now my business to try to effect her speedy release, and to continue the work of propaganda as best I may."

The mail address of Mrs. Hazzard is P. O. Box 520, Walla Walla, Wash.

The Literary Digest recently reproduced an article on hydrotherapy from BRAIN AND Brawn. The Digest is a valuable publication, and deservedly has a large circulation.

"Oxypathy"

JHAVE several times exposed and denounced the hydra-headed fakes that masquerade under the name of "oxypathy" and similar meaningless titles. In Good Housekeeping for December, Dr. Harvey W. Wiley, former Chief Chemist of the Department of Agriculture, had an article on this subject, under the heading: "The Oxygenator Family of Frauds," from which following is an extract:

"Of all the frauds which have been heaped upon a too confiding humanity, this example of the family of mechanical fakes is the most absurd. It has taken many forms, as, for instance, Electropoise, Oxygenator, Oxygenor, Oxypathor, and Oxytoner.

"What are the facts? The nickel-plated cylinder has been found by the Vermont State Board of Health to be filled with a crude mixture of inert substances, apparently the by-product of a manufacturing plant—a rough mixture of iron filings, clayey material, and a dark-colored carbonaceous mass—apparently nothing more than coke dust or carbon black. This mixture was declared to be 'physically and therapeutically inert,' and its sale was prohibited in Vermont."

Yet several of my exchanges that preach the gospel of health advertise this raw fake.

Eating and Instinct

ANIMALS follow this instinct, eating only when hungry, and live out their allotted span. Civilized man has lost this instinct, and follows habit, eating merely when it is meal time. Therefore he usually dies prematurely.—*Brain and Brawn*.

A cow breaks into a field of green corn, eats all that it is possible to force down, and expires, ballooned to the point of explosion. Most domestic animals will stuff to capacity when they get the chance.

If instinct were so perfect a guide there should be no occasion for feeding the horse given quantities at given times, but trouble would be saved by allowing the creature access to the oat bin, there to go as far as it liked.—Henry James in *Los Angeles Tribune*.

I referred to wild animals, living a natural life, not to those living under unnatural conditions of shelter, work, milk and egg production, and diet, whereby the natural instinct has been more or less crushed out by man. Even so, however, you cannot force a "civilized" dog or horse to eat when it is sick. Human beings are induced to do so by physicians and fool friends, and that is why among human beings deaths from old age are very, very rare.

"Puck"

THE humorous weekly "Puck" has been taken over by "The Masses," a Socialist publication. The San Francisco Wasp was the first American publication with colored pictures. I edited it in 1880-81 for Francis Korbel, who started it. Puck was then published only in German, the English edition not appearing until several months later. Under Keppler, the artist, who started it with Schwarzmann, Puck was a power. Of late years its ability and influence have been waning. The delicate humor of "Life" has replaced the shallow jokes of the "comics."

California Beet Sugar

WE learn from a dispatch to *The Express* that the output of sugar at the Chino beet sugar plant for this season amounts to 240,000 sacks of 100 pounds each; 76,000 tons of beets costing \$450,000 and \$150,000 for labor represent the cost of production. At \$4.90 per sack, the present wholesale price of sugar, the value of the season's output is \$1,176,000. The dispatch goes on to deduct the cost of the raw material and labor, \$600,000, showing that the owners have only made \$576,000 for incidentals and dividends, and estimates that the new tariff schedule will cut that sum to the tune of \$240,000. Well, suppose it does? Is not \$336,000 a marvelous and sufficient income from the few months' operation of a small plant like that? But the dispatch did not give the whole truth. For it has been repeatedly asserted by those who claim to be in a position to know, and *The Jeffersonian* has never heard it denied, that the receipts from the sale of the beet pulp amounts to more than the original cost of the beets, which, with other matters and sources of gain in the operation, makes the whole output practically clear profit. What do you think of such an outfit clamoring for "a high protective tariff?" wanting to be licensed to plunder the beet growers and licensed to plunder the purchasers of their product? The only thing that appears to be now required in connection with beet plants is a state or government official to analyze and make the chemical tests to ascertain the percentage of sugar in the beets, for the number of tons consumed and the net product point to an undiscovered chasm between the two transactions. Let it be found.—*The Jeffersonian*.

If the facts are as above stated, this is, of course, from a point of view of justice, all wrong. I do not, however, sympathize with a lowering of the tariff on sugar, because refined cane sugar—with which beet sugar is chemically identical—is, as I showed in the September number, not wholesome and necessary, but unwholesome and harmful, and a reduction of price is likely to lead to a further increase in the present enormous American consumption, thus further increasing the amount of sickness.

I recently learned that a California beet sugar factory had made a contract for 1914 at a rate 20 per cent higher than last year. This don't look like ruin.

How the American people love to be humbugged!

"There's a Reason"

THE United States Census shows that there is a falling off in the number of medical schools, and in their attendance. No wonder. In the *Medical Economist* Alexander Goldman, M.D., utters this plaintive cry:

"There is a cry among physicians that they cannot make a living. All over the country, in fact, all over the world, medical economic leagues are being organized. Such general dissatisfaction in any trade or profession must be based on some good reason."

It is, indeed. Russell H. Skeels, chiropractor, of Wheeling, West Virginia, recently wrote to me on this subject as follows:

"This is the effect of a two-fold cause. First, by high-handed tactics medical men are causing parents to hesitate in placing their children in medical schools. Second, the demand for natural methods of healing has correspondingly lessened the demand for practitioners of the drugging, carving and serum-injecting school of medicine. Let the good work go on."

Put Yourself in His Place

FROM our protected positions we are wont to say that no man or woman who is willing to work need be idle, and without the necessities of life.

But when we say it, we know that we are uttering an untruth. We have already made our struggle with life, with suffering, with poverty and have won out. We are remarkably proud of ourselves, and inclined to say, "Let him go and do likewise." But if we will remember the narrow margins by which we have reached safety, sometimes—the hair's breadth escapes we have had from some things worse than death, we shall say more than this. We shall perhaps find ourselves indorsing Edwin A. Brown's plan for the establishment of the Twentieth Century Free Municipal Emergency Home in every city of the Union, as described in his book "Broke; The Man Without the Dime."—Literary editor, Los Angeles Times.

Sprechen Sie Deutsch?

LORD ASHBOURNE, in a speech at a meeting of the Gaelic League in Vermoy, declared that speaking English continually deforms the mouth.

He described Englishmen as having thin, prominent lips, long front teeth and the general appearance of a measly rabbit. The German language, Lord Ashbourne said, was strong and vigorous. The English language was in a state of decay. John Bull's future, said Lord Ashbourne, was behind him. He was insular and nothing would bring him in touch with the outside world.—London press dispatch.

Well! Well! And I am a cockney Englishman. But then, I speak German, and have a German wife. Perhaps that has saved me from degeneracy.

Losing Our Legs

THERE was a tie-up of street cars in Los Angeles recently, just at the time when people were going home from business. A paper stated that some who lived within a mile or two of their place of business walked home, but others who lived from three to five miles away were, "of course," obliged to remain in town. This is an indication of how we are gradually forgetting to use our legs. Probably many of these people, when they were young, walked several miles to school in the morning, and back in the afternoon.

Use your legs more and your stomach less.

Stopping Baby's Mouth

THEODORE WOLFRAM, of Columbus, O., sends me clippings telling how Dr. Joseph H. Ralston, a physician of the Cleveland City Hospital staff, was placed on trial before the mayor, charged with placing strips of plaster over the mouth of a two and one-half year old baby to stop its crying, the baby suffering at the time from diphtheria. The plaster was kept on for a day. The physician was discharged, whereupon seven internes of the hospital resigned, as a protest against his dismissal. They said their sympathy was with Dr. Ralston. Several physicians testified that Ralston's action in sealing the baby's mouth was "regular," and was "recommended by authorities to conserve the child's vitality."

In sending me these clippings Mr. Wolfram writes: "While the medical profession is continually fighting for more protection, it is time the people should be protected against such fellows as Dr. Ralston." Yes, indeed.

Expensive Bug Hunting

REPORTS of the State Board of Health show that much of its time, and of taxpayers' money, is expended in chasing "bubonic plague squirrels," and in suppressing hydrophobia. Also, a recent dispatch from Sacramento announces the discovery of a case of a new kind of fever in San Joaquin County. The secretary of the Board says the disease is usually communicated through the bedbug. Rats, squirrels, fleas, flies, and bedbugs. What next?

As I have heretofore said, there is no more likelihood of the black plague becoming epidemic in California than there is of growing oranges in Greenland. As to hydrophobia, many eminent physicians have expressed doubt as to its existence. However, the political doctors must live—or at least they seem to think so.

Regulating "Red Light" Districts

FOLLOWING is an extract from an address on the "social evil" by Chief of Police Petersen, of Oakland, Cal., reported in the California State Journal of Medicine:

"In Oakland we have the so-called red light district under regular police control. We do not permit any liquor to be sold there. We believe that there should be a place for these women, and they do not have to pay us for the privilege. In New York, on the other hand, these houses are scattered all over, and the patrolman says to the woman: 'You are running a house against the rules of the police department; you have got to pay or I will lock you up,' and so they levy payment for their privilege. We have in Los Angeles another instance. Los Angeles is not as moral as Oakland and there are conditions there that we would not tolerate. The Chief of Police there is a fine man, and I said to him: 'How about your social evil? Have you minimized it?' He replied, 'Not at all—we have simply scattered it.'"

Wayward Girls

FOLLOWING is an extract from a booklet by Judge B. Lindsey, in which he tells the story of the Denver Juvenile Court:

"Another important disclosure that faced us was the sheer unmorality of some of these girls. Some women officers call it sheer wantonness. The judge could have hardly believed it until he faced it in case after case. We have seen or heard at these hearings, in exceptional instances, of course, girls as young as fourteen to sixteen, matured far beyond their age, boast of their clandestine relations with boys and young men, and tell with the mock pride of a bad boy who relates his escapades to his chums, of how they deliberately set traps for boys or young men. I have had such a girl in the most unmoral way boast of her clandestine relations with twenty-five young men in the course of a few weeks. She didn't even know or care to know their names or identity. Yet that girl seemed in other respects to have many good traits, and today is married to a first-class young fellow, who was fully acquainted with her unmorality and these sex relations. They are and have been for some time living apparently in the happiest of circumstances."

Anyone who says you may safely get thin without diet or exercise lies, and those who believe it are fools.

The Sailor's Hard Lot

THERE may be weak points about the Seaman's Bill, but anything that will go even a little way to relieve the miserable lot of merchant sailors is worthy of support by all right-thinking people. With few honorable exceptions, a seaman's lot is somewhat less endurable than that of a negro before the war. It is no wonder that it becomes increasingly difficult to induce Americans to enlist in the mercantile marine. Writing in the Los Angeles Tribune Henry James says:

"In regard to the merits of some features of the Seaman's Bill there is no room for question.

"The measure provides for the abolition of brutality, and that a workman of the deep leaving his job because of not liking it cannot be treated as a fugitive slave.

"If the merchant marine cannot be maintained in the absence of slavery, starvation, and rule by belaying pin, it ought not to be maintained."

Hair on Bald Heads

FOllowing is from a paper on "Seborrhoea" (dandruff and falling hair) by G. C. Lammers, Ph. D., M.E., of Los Angeles:

"Frequently I am asked the question: 'Can hair be grown on bald heads?' Yes and no. If the subject is still comparatively young and the bald spot does not exceed three to four inches in diameter, and if there is no chronic atrophy of the scalp, electrical stimulation will in the course of from four to ten months produce a re-growth of hair. If, however, the patient is over fifty years of age and the bald area is extensive, the time and financial expenditure necessary to produce the desired result can be used to better advantage elsewhere."

The Pacific Ocean

THOSE who have been building Coney Islands, and summer cottages down almost to the line of high tide on the coast of Los Angeles county seem to have forgotten that the Pacific Ocean is not always quite exactly what its name implies. Eighty years ago Dana frequently cursed the "southeasters," which forced his ship to scurry out to sea and away from danger. The Pacific is calmer than the Atlantic, but is not a mill pond.

There is also a warning in the Bible against building houses on sand.

Meatless Menus—Stuffed Peppers, Agnes

HERE is another stuffed pepper. It was "invented" by my wife, so I have given it her name. It is wholesome, appetizing, and nutritious:

Cut four large bell peppers in halves, scrape out the seeds, and boil fifteen minutes. Then place in cold water for half an hour, and fill with the following: One cup of mashed sweet potatoes, half a cup of any kind of ground nuts, half a small onion, cut fine, one egg, half a cup of milk. Fill the peppers and bake one hour. Have water in the baking dish.

Smallpox, unlike vaccination, cleanses the system. It is a manifestation of the vital force in the act of housecleaning. Properly cared for it rarely endangers life. When cases are severe, it is because the waste to be expelled is too great for the power of the vitality to cope with.—W. A. Turner.

Holy Wars

THE cruellest and most vindictive wars of history have been those waged in the name of religion. That in this twentieth century civilized men should contemplate maiming and murdering each other on account of differences of opinion regarding a form of worshipping the same God, seems preposterous. Yet such a sight we may soon see, unless wise counsels prevail.

There are few on this side—and indeed not so many on the other side—who seem to realize the imminence of a civil war in Great Britain between Catholics and Protestants. I extract the following from an editorial in the latest number of the Herald of the Golden Age, a quarterly vegetarian magazine published in London, with a circulation in 54 countries and colonies:

"The danger of our country being devastated by Civil War—the worst calamity that can befall a nation—is now so great that a heavy responsibility rests upon each one of us, irrespective of our political opinions. . . .

"Few persons in America realized what the Anti-Slavery war was going to be when they saw their country drift into it through lack of comprehension of the magnitude of the peril. Here we have, apparently, a similar case. If the Home Rule Bill becomes law there will probably be a long and bloody war. Englishmen and Scotchmen will take sides; the kingdom may become divided into two hostile factions and irretrievable disaster will then result. Before this great crime is consummated I feel that every elector who will be involved in the general suffering and loss, has a right to record his acquiescence or disapproval of this policy which is to let Hell loose in our midst."

Truly did Jesus say: "I come not to bring peace, but a sword."

Never eat canned food when you can get fresh. It is a dubious, and sometimes dangerous, substitute.

To Advertisers Who Think

WISE advertisers recognize the value of quality as well as quantity. A very large purchaser of advertising space was recently quoted in Harper's Weekly as saying: "Mere circulation without a definite value, although usually advanced as a chief argument, means nothing. Magazines deservedly held in highest regard produce most sure and profitable results."

I would not recommend you to advertise drugs or hog products here, but if you have a good thing that appeals to our class of thrifty people who think, an advertisement will yield profit if you give it a fair trial—say for not less than three months. Readers go through this magazine every month "from kiver to kiver."

Our advertisements are carefully censored. Readers know we accept nothing "off color." This makes space more valuable. Any intelligent man is willing to pay more for a residence lot with restrictions, than for one where he may have a laundry on one side and a sawmill on the other.

If you wish, I will write your advertisement, without extra charge. Some of my friends are kind enough to say that I am no "slouch" of a writer. And I have had thirty-seven years' experience in California, so I know my people.

Our address is 508 Chamber of Commerce Building, Los Angeles. Telephone (Sunset) Main 5364.

HARRY ELLINGTON BROOK.

Vox Populi

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

SAVED MONEY BY SUBSCRIBING.

I send you by M. O. three dollars, which please credit against subscription to BRAIN AND BRAWN for the period the amount can cover. My present subscription will, I think, expire in July. It may interest you to know that the above amount I saved by omitting my breakfasts, not with any inconvenience, but with very good results in health. Your orders are to be brief, otherwise I would like to say something about BRAIN AND BRAWN. Moreover, English is not my mother tongue, and I am not so clever as you, my best friend. However, is this short enough: "BRAIN AND BRAWN has taught me to bid good-bye to doctors." Believe me, if I could spare, I would invest my savings in BRAIN AND BAWN blindly. I am a poor salesman, drawing a moderate salary.—Gangaran P. Balwani, Care Dr. P. V. Zharani, Rampart Row, Karachi, India.

HE DOESN'T THINK I'M A PESSIMIST.

Find enclosed \$1.00 for one year's subscription to the biggest, best, breeziest magazine I ever had the pleasure of reading. It certainly is a sure cure for the blues.—Henry W. Bruck, 1015 N. Olney St., Indianapolis, Ind.

A THOUGHT PROVOKER.

Though a few weeks slow in writing my most appreciative comment of your thinker's magazine, my appreciation is none the less sincere. I am glad you ask us to think, and help us to think on issues of vital interest to all. May your magazine succeed by the virtue of its methods.—F. S. Scott, Hollister, Cal.

A GOOD ADVERTISING MEDIUM.

I have been advertising for over thirty years, and BRAIN AND BAWN has paid the best of any publication I have patronized. My correspondents obtained through BRAIN AND BAWN are the most appreciative and the most intelligent. I feel it an honor to be a member of the BRAIN AND BAWN family.—C. W. Dayton, Owensmouth, Los Angeles Co., Cal.

VERY USEFUL AND HIGHLY ENTERTAINING.

Please send a copy of your pamphlet. I am a subscriber to BRAIN AND BAWN and find it very useful as well as highly entertaining.—H. M. Wolcott, U. S. Consulate, Havana, Cuba.

BROADENING OUT.

For 12 years I and my family were diligent readers of your articles in the Care of the Body department of the Los Angeles Sunday Times Magazine, to which we subscribed, mainly on their account. Since then we have been reading BRAIN AND BAWN, with still more interest. You have broadened out, and are improving all the time. You are bound to achieve a large circulation, for there are quite a number of people in this country who think.—Sebastian Hauser, Davenport, Ia.

The Printed Page

[Address books for review to Harry Ellington Brook, 2129 Elsinore Avenue, Los Angeles.]

RETURN TO NATURE; Adolph Just, translated by Benedict Lust. For sale by the Naturopathic Publishing Co.; 320 pp.; price \$2.15 by mail.

This is one of the leading books on Naturopathy, published in Germany, where the Nature Cure originated, and has been brought to perfection. It is a most valuable book, and indispensable to those who wish to study the Nature Cure, the author dealing with a wide range of subjects, such as hydrotherapy, massage, light and air, clothing, the earth cure, diet, with remarks about the treatment of various ailments.

JESUS IN THE TALMUD; Bernhard Pick, Ph.D., D.D., Open Court Publishing Co., Chicago.

Christians know little about the Talmud. To the Jews it is esteemed as highly, and by some more highly, than the Old Testament. It is a voluminous work, of which a complete translation has not yet been made into any modern language. It is full of contradictions, and contains many unfounded statements. On account of its anti-Christian teachings, a conference was held in Paris in 1242, following which wagon loads of the Talmud were burned. Most of these offensive passages have since been removed by the Jews themselves. Among the statements circulated by the Jews about Jesus at the time the Talmud was written was the story of Celsus, who asserts that the mother of Jesus was a poor woman, who supported herself with needle work, that she was cast off by her betrothed, a carpenter, and that after she was rejected by her husband she wandered about in misery until she secretly gave birth to Jesus, whose father was a Roman soldier named Panthera, on account of whom Joseph put Mary away.

The Talmud tells in one place that Jesus was hung, in another place that he was stoned, and his dead body then hung up on a cross. This is explained by a Jewish writer, who states that all who were stoned at that time were later hung on a cross or beam.

DIVORCING LADY NICOTINE; Henry Beach Neadham; Forbes & Co., 443 S. Dearborn St., Chicago; 70 pp., 40c, by mail.

In this interesting and amusing booklet the author tells how he gave up smoking, a habit much harder to abandon than the drinking of alcoholic beverages. He would have found it easier to accomplish his purpose with less inconvenience had he fasted for a couple of weeks, or taken a "fruit fast." The craving for tobacco is usually the result of irritation of the stomach. A chronic smoker can get along fairly well without a smoke after eating a bowl of milk and bread, or an orange, but if he is deprived of his cigar after a regulation meal of stimulating food, he is miserable. In fact, many would rather give up the meal than the smoke.

TWO YEARS BEFORE THE MAST; Richard Henry Dana, Jr.; 553 pages, colored illustrations; Houghton Mifflin Company. (For sale in Los Angeles by C. C. Parker, 220 South Broadway) \$1.50 net.

This new and handsome edition not only contains, besides the appendix by Dana, describing his second visit to the coast of California, 24 years later, an introduction and an additional chapter by his son, of the same name. Further mention of this book was made last month.

Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

VARICOSE VEINS.

B. R.—Varicose veins are caused by a low state of resistance and enervation, produced through wrong diet, and the absorption of intestinal poisons from over-eating. Then there is gas formed in the bowel, which presses down on the veins. Pregnancy alone in women would not cause varicose veins if they lived right. In his book "Old Age Deferred" (may be ordered through the Naturopathic Publishing Co.,) Sanford Bennett gives the following simple directions for the relief of varicose veins:

"Let us suppose the varicose vein is in the lower leg, just below the knee—a very common spot. Lie on your side in bed, so that the limb is not pendant. Place the open palm just below the dilation of the vein, and give a series of vigorous upward strokes over the vein, pressing as you do so. Begin with about twenty strokes, which may gradually be increased, as you become accustomed to it, to a hundred. Do this every morning and every evening; and you may rest assured that you will soon be relieved of your varicose veins."

After having relieved yourself in this manner, learn to eat right, and you will not be further troubled.

PILES.

R. L. D.—Piles, like rupture and prostatitis, and falling of the womb, and irritability of the bladder, can never be cured by local treatments alone, so long as there is wrong diet causing the formation of gas, which presses down with great force on the parts affected. A simple, local method that is helpful, is to let cold water run in once or twice a day from the nozzle of a fountain syringe, and run out again, inserting the nozzle only about half an inch.

Maj. A. H. Kirby is as free from superstition of magic as any practical, level-headed man of affairs can be, but carries an Irish potato in his trousers' pocket to ward off rheumatism.—Spartanburg, S. C., Herald.

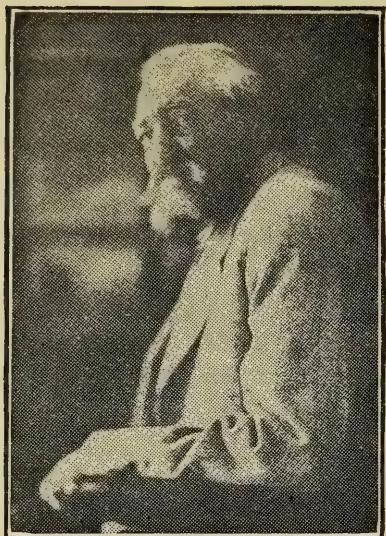
Have You a Friend?

WHAT more appropriate and useful souvenir could you buy him, for a dollar, than a subscription to BRAIN AND Brawn? It will remind him of you every month, for a year, and it will do him good.

Or, perhaps, you are so fortunate as to have six friends. In that case you may present each with a year's subscription for five dollars. Send us the "dough" and we will do the rest.

BRAIN AND Brawn, Chamber of Commerce Building,
Los Angeles.

Dietetic Advice by Mail



AS editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of BRAIN AND BRAWN, it has been my privilege to give dietetic and other advice by mail to hundreds of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydropathy are valuable, and sometimes indispensable means of aiding nature. Any

honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. "As a man eateth so is he."

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

I also include advice regarding breathing, exercise, bathing, care of the bowels, etc.

Among chronic ailments that yield readily to this method are Constipation, Dyspepsia, Asthma, Rheumatism, Consumption (in earlier stages), Nervous Prostration, Liver and Kidney diseases.

I perform no miracles. Nature alone cures. All I do is to point out the way.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of dietetic home treatment. Mail Address, P. O. Box 612, Los Angeles, California.

Harry Ellington Brook M.D.

Drugless Healers

[Brief items of interest for this department, such as changes of address, firms, etc., are solicited. They should be received by the fifteenth of the month. Address letters to the editor.]

The science of Nature Cure is spreading. Yes it is a science. It is exact. I am told that Dr. Richardson is using natural methods with good success at the County Hospital—hydrotherapy, abstention from food in acute disease, massage, etc.

A number of M.D.'s have opened a Nature Cure institution near Pasadena—only they do not, of course, call it so. That would never do. They advertise all forms of baths, electric light baths, and massage. One of these physicians was instrumental in having Dr. Carl Schultz arrested when he first began to practice scientific hydrotherapy in Los Angeles.

The Nature Cure is spreading. Nothing can hold it back. The "regulars" will not call it by that name, but they are gradually being forced to adopt its various methods—as nearly as they know how—since they see the marvelous cures effected in cases that have been given up as hopeless by their own school.

The regular monthly meeting of the Association of Naturopathic Physicians of California was held in the office of BRAIN AND Brawn on Tuesday evening, January 13. Questions relating to the extension of the influence of the Association for good were discussed.

A meeting of the directors of the Naturopathic Publishing Co. was held at the office of BRAIN AND Brawn on January 13. The editor presented a brief report of the condition of the magazine. Following is an extract from this report:

"Our receipts for advertising from Naturopaths average less than \$30 a month, and receipts from them for subscriptions are practically nothing. Indeed, we are quite surprised when we receive a subscription through one of our members. Therefore, I need not say that it is absolutely necessary that BRAIN AND Brawn should become more and more a popular magazine of general circulation among the people.

"One member who has a card in the magazine recently stated that he had

not received any direct returns from his advertisement. Again, I was told some time ago that one of the members will not display the magazine in his office because in it are found advertisements of other schools. This is a very narrow view to take. The magazine, month after month, is winning people from the drugging, serum-injecting, and carving school of medicine, and making converts to natural methods of healing. Every such convert is a possible patient for drugless healers.

"Again, you surely realize the good work that is being done by this magazine in fighting for medical freedom. Or do you perhaps think that because you have your diplomas you are safe? That is a false feeling of safety, so long as an arrogant Medical Trust is in power. What a legislature has made a legislature can unmake. Therefore, merely from selfish reasons you should do what you can to help keep this magazine grow if only by occasionally sending in a dollar subscription. If each of you would guarantee to secure for us four subscriptions monthly from your patients, it would be a great assistance. And this you could do, without expense to yourselves. I merely suggest this. In view of past experience, I do not expect it."

Doctors Carl and Hatty Peters have gone to live on one of the residence lots in the Little Landers Colony, near Pasadena, where they will receive patients. Dr. Hatty makes a specialty of obstetric cases. Address R. F. D. No. 13, Los Angeles Co., Cal.

Dr. William J. Hayden, president of the Board of Trustees of the Pacific College of Osteopathy, and for nearly fifteen years a leading osteopathic physician of Los Angeles, died last month after a short illness. He was an earnest student.

At San Diego Dr. M. A. Lesem continues to give old fashioned, unadulterated German Kneipp treatments for human ills. He is a conscientious and experienced physician, and a good friend of BRAIN AND Brawn.

You will find the cards of good, experienced Nature Cure practitioners in BRAIN AND Brawn. Among them are hydrotherapists, osteopaths, chiropractors, oculists and others. Look over the list when your body is out of order.

Dr. Willson is the one member of the Naturopathic Association whose specialty is the treatment of the eyes. He says he has had good results from his card in BRAIN AND Brawn.

Dr. Charles I. White, of San Diego, has removed his Nature Cure institute from Third and Cedar streets to the McNeese Block, at Fifth and F streets, a more central location.

Doctors George and Hester Abbott have issued an artistic booklet written by Dr. Hester, entitled "Suggestions Regarding Health." It is intended for circulation among their patients, to aid them in recovery. The booklet contains excellent advice on the subject of diet. Here are a couple of extracts: "Eating too much produces starvation." "Eating too much, and then resorting to stomach irritants to aid digestion is pernicious borrowing. A congested stomach, like any other wound, needs rest, not continued irritation." There is also a good article on the care of the feet. Copyright has been applied for.

The Business Office

H. Kuttner has severed his connection with the "Old Book Shop" on Broadway, and has opened the "High School Book Store" on Temple street, opposite North Hill St.; a good location, where he has a field to himself.

Readers will oblige by reporting names and addresses of news dealers who do not keep BRAIN AND Brawn for sale.

ARE YOU A GOOSE?

"When a goose lays an egg, she just waddles off as if she was ashamed of it—because she is a goose. When a hen lays an egg—ah, she calls heaven and earth to witness it! The hen is a natural-born advertiser. Hence the demand for hens' eggs exceeds the demand for goose eggs, and the hen has all the business she can attend to."—Andrew Lang in Youth's Companion.

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Let us hear from you. You need not send any vaccination certificate.

Our Advertisers

[NOTE:—Only approved advertisements will be inserted in this magazine. No advertisements of drugs, fake remedies, or off-color doctors accepted at any price. This will keep out some people, but it will make advertising space of more value to those who come in. Any complaints about advertisers whose notices appear in these columns will receive immediate attention from the publishers. If desired, advertisements will be written by the editor without extra charge. Copy should be received not later than the 17th of the month.]

A NEW SYSTEM.

Like the ancient Athenians, modern Americans are always looking for something new. The Pranic System is a method of drugless healing for which good results are claimed. The office is in the Story Building, Los Angeles.

A GOOD ROAD TO TRAVEL.

I have been traveling over the Santa Fe Route more or less for over a quarter of a century. One thing I have noticed is the uniform courtesy of the employees, an important factor in a long railroad journey.

KEEP YOUR COLON CLEAN.

Investigators are coming more and more to the opinion that most disease is due to auto-intoxication, or the absorption of foulness in the colon. Hence the importance of keeping the colon clean; first, by eating clean food that does not readily rot, like meat, and second, by flushing the colon until a normal condition of cleanliness has been restored.

BENNETT'S BOOK.

Sanford Bennett, the business man of San Francisco, who rejuvenated himself by a system of exercises in bed, has had a great sale for his book, now in a third and improved edition. Bennett called on me in Los Angeles a few months ago. He has muscles like a horse. I shall publish, from time to time, extracts from this interesting volume.

STRETCH YOUR SPINE.

Osteopathy and chiropractic have taught us the importance of the spine, the central column of the body. Unlimbering the spine will promote health and delay old age. In another column

Honey Talks

1

A NY living food substance taken directly from under the influence of the sunlight and heat is electric. The only flavor there is in honey that is of any material value is electric. This electrical quality is produced when the temperature is at or near 60 degrees. Much higher or lower than 60 causes the flavor of honey to become aromatic. This aroma is gaseous and atmospheric and a hindrance to the natural digestive ferments.

When honey is ripe the aromatic flavor disappears. The electrical value of the cells may be developed by water and will freely penetrate and carry electrical ozone wherever the blood circulates. Electricity is solar acid or vital, living oxygen. Vital oxygen is mineral brought up from deep down in the earth by the roots of plants but this aromatic flavor is composed of the non-mineral elements of the air. It is the electrics of food that enables us to discern and obey the finer forces in nature.

C. W. DAYTON

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HONEY.

Dayton, the red-ripe honey man, of Owensmouth, near Los Angeles, has another interesting honey talk in this number. As I have heretofore remarked, honey is as wholesome as refined cane sugar is unwholesome. Write to Mr. Dayton for literature, and try his fine product.

LONG BEACH SANITARIUM.

One of the best, down-to-date health institutions in the West is the Long Beach Sanitarium, where may be found everything of a natural kind that is useful in aiding nature to overcome disease, except drugs—and I believe they would even accommodate you with a few of those, if you are particularly insistent. Call and look over this establishment when you are at Long Beach.

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Look over the list of good books on health advertised on another page. A liberal education on the care of the body in a few inexpensive volumes.

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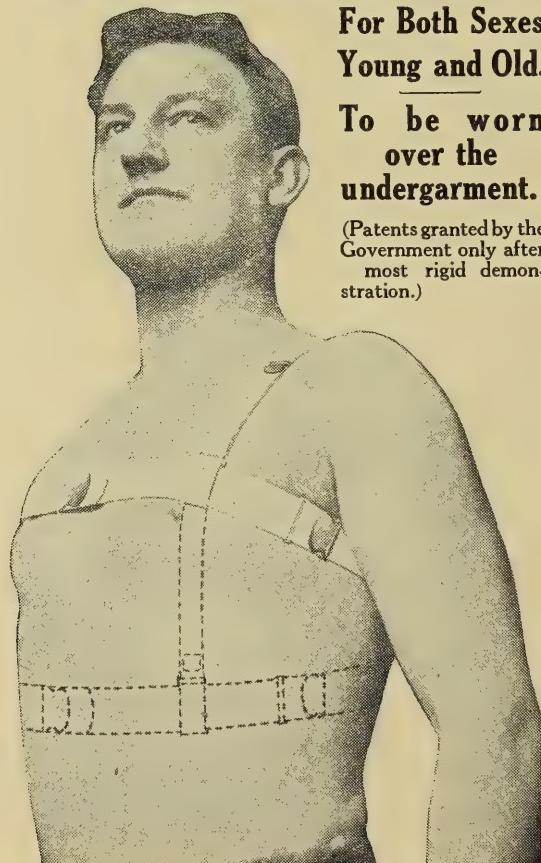
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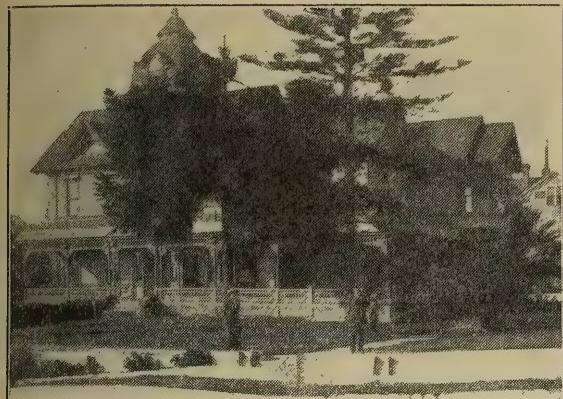
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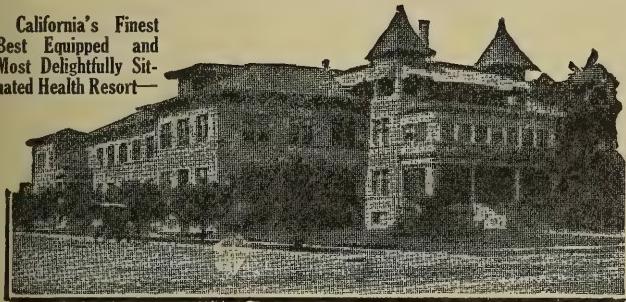
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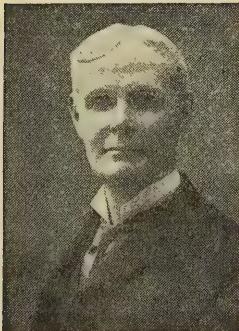
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ART OF LIVING IN GOOD HEALTH; Daniel S. Sager, M.D. 360 pp..... \$1.65

This is one of the very best books I know on diet and general health measures.

WE YOUNG MEN; translated from the German of Hans Wegener; 204 pp..... \$1.85

The sexual problem of an educated young man before marriage. Nothing namby pamby. Over 100,000 sold.

DISEASES OF WOMEN AND EASY CHILDBIRTH J. H. Tilden, M.D.; 185 pp..... \$2.50

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HOW NATURE CURES; Emmet Densmore M.D.; 413 pp..... \$2.65

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BRAIN ROOFS AND PORTICOS; Jessie Allen Fowler. 148 pp..... \$1.10

An interesting and valuable book, telling how to judge a person's character, with remarks on choice of pursuits, marriage, development of a child, etc.

THE A. B. Z. OF OUR OWN NUTRITION; Horace Fletcher. 426 pp..... \$1.15

This book shows how thorough mastication of food is of itself sometimes enough to cure chronic indigestion.

THE SEXUAL INSTINCT; James Foster Scott, M. D. 473 pp..... \$2.20

A plain talk on one of the most important subjects affecting the human race. Written in simple, yet scientific style.

MIND POWER AND PRIVILEGES; Albert B. Olston. 406 pp..... \$1.65

A sane and practical book on a subject now arousing much attention. The author deals with telepathy, suggestion, hypnotism, habit, Christian Science, etc.

THE FOUNDATION OF ALL REFORM; booklet, 66 pp., with *The Folly of Meat Eating*, pamphlet, 16 pp.; Otto Carque', both..... \$0.40

Two of the clearest and most instructive short expositions ever put forth of the advantages of a non-flesh dietary.

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BRAIN AND BRAWN

THIS magazine is devoted mainly to the following purposes:

The instruction of the people in regard to the Nature

Cure, or drugless method of healing disease, including such natural aids to nature as diet, exercise, fresh air, spinal manipulation (osteopathy, chiropractic, etc.), massage, hydropathy, and mental suggestion.

The combating of medical errors and crimes, such as the poisoning of the blood with filthy animal virus, the absurd exaggerations of the germ theory, the suppression of symptoms instead of removing the cause of disease, the scaring of the people with false ideas in regard to infection and useless quarantines, drugging, vivisection, and unnecessary surgical operations.

Medical as well as religious and political freedom. The right of every man to choose his own physician as he chooses his own priest—or goes without one.

Education of the people in regard to the laws of health, and the cause of disease, especially in regard to diet.

Advocacy of pure food, and descriptions of adulterations.

Exposure of heartless and scoundrelly quacks, both "regular" and irregular, who prey upon the sufferings of poor humanity, not even attempting to cure diseases they are powerless to cure, so long as the victim has money.

Information regarding fake remedies that never have, could or would cure disease, but only serve to deplete the purse of the patient.

Eugenics, or the right of a woman to control her own body—to say when and under what conditions she shall conceive—and the right of the child to be well born.

The humane treatment of children and animals.

The establishment of universal peace, with honor.

The "back to the land" idea, showing the advantages of a "little land well tilled," to furnish small productive homes to those now dependent on precarious wages in our congested cities.

The simple life and the uplift of humanity.

Our health platform is as follows:

1. Disease is an effort of nature to remove poisonous or morbid matter from the system, and to restore normal conditions.

2. Drugs taken into the stomach, and filthy animal matter injected into the blood interfere with these healing processes of nature, suppressing symptoms of disease, while never effecting a cure.

3. The germ theory is a superstition. Germs are not the cause but an effect of disease, just as maggots are not the cause of rotting meat. Many germs are not only harmless, but are beneficial and necessary. At any time you may find in the throats of many people who will never get those diseases, the germs of diphtheria, cholera, tuberculosis, and other so-called "infectious" diseases.

4. There is no such thing as "infection" or "contagion," as generally understood. Skin diseases or blood diseases may be passed from one person to another by direct contact, where there is an abrasion of the skin. Therefore, all quarantine is useless annoyance.

5. There are no superfluous organs. A great majority of surgical operations performed now-a-days are not only unnecessary, but dangerous and harmful, and should be forbidden by law.

6. There are rational means of aiding nature to purify the system and restore health. Among these are diet, fasting, active and passive exercise, hydrotherapy, the adjustment of the spine, (osteopathy, chiropractic, etc.), deep breathing of fresh air, sun and air baths, rest, sleep and mental suggestion.

7. Next to air, food is the most vital of all subjects relating to the care of the body. Food is the material of which the body is formed. You cannot make a good suit of clothes out of bad wool. As a man eateth so is he.

...The...

Christian Dietetic Society ---and--- School of Scientific Eating

THE Christian Dietetic Society is now placing Eugene Christian's system of preventing and curing disease by scientific feeding within reach of multitudes of suffering people, who could never hope to consult him personally.

While this society is purely altruistic, it is by modern business methods, teaching thousands of mothers and fathers and children of the rising generation how to relieve human suffering.

By a modern system of organization, it is giving its members the benefit of the knowledge and experience of one of the world's greatest food scientists.

Eugene Christian is recognized both in this country and abroad as the founder of the world's first school of scientific eating. It is estimated by scientists that 91% of all human diseases originate in the stomach caused by wrong eating. It is self evident, therefore, that the cure lies in removing causes, that is, eating correctly, thus giving Nature a chance to do the curing.

This society teaches its members these laws.

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LESSON 6: How foods cure by removing the causes of disease.

LESSON 15: Food and Morality: Effects of certain food on the morals, and reasons why.

LESSON 17: The causes and cure of super-acidity—fermentation—Gastric catarrh and ulcer and intestinal gas, giving sample menus.

LESSON 20: Intestinal congestion (constipation). Its cause and cure with sample menus for the four seasons of the year.

LESSON 23: Curative Menus: Two for each season of the year for the manual laborer and for the sedentary worker.

Drop us a postal for our little book, "THE 100 PER CENT MAN BY SCIENTIFIC EATING." It tells all about the new Society and School of Scientific Eating. This is the most important thing you can do today.

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An Old Man at Fifty —A Young Man at Seventy

The Remarkable Story of Sanford Bennett, a San Francisco Business Man,
Who Has Solved the Problem of Perpetual Youth

By C. E. PAGE, M. D.

Author of "Natural Cure for Consumption," "How to Feed the Baby, etc."

THERE is no longer any occasion to go hunting for the Spring of Eternal Youth. What Ponce de Leon failed to discover in his world famous mission, ages ago, has been brought to light right here in staid, prosaic America, by Sanford Bennett, a San Francisco business man. He can prove it, too, right in his own person.

At 50 he was partially bald. Today he has a thick head of hair, although it is white. At 50 his eyes were weak. Today they are as strong as when he

was a child. At 50 he was a worn-out, broken-down, decrepit old man. Today he is in perfect health, a good deal of an athlete and as young as the average man of 35.

All this he has accomplished by some very sim-

ple and gentle exercises which he practices for about ten minutes before arising in the morning. Yes, the exercises are taken in bed, peculiar as this may seem.

As Mr. Bennett explains, his case was not one of preserving good health, but one of rejuvenating a weak middle-aged body into a robust old one, and he says what he has accomplished, anyone can accomplish by the application of the same methods, and so it would seem. All of which puts the Dr. Osler theory to shame.

I haven't room in this article to go into a lengthy description of Mr. Bennett's methods for the restoration of youth and the prevention of old age. All of this he tells himself in a book which he has written, entitled "Old

Age—Its Cause and Prevention." This book is a complete history of himself and his experiences, and contains complete instructions for those who wish to put his health and youth-building methods to their own use. It is a wonderful book. It is a book that every man and woman who is desirous of remaining young after passing the fiftieth, sixtieth, seventieth, and as Mr. Bennett firmly believes, the one hundredth milestone of life, should read.

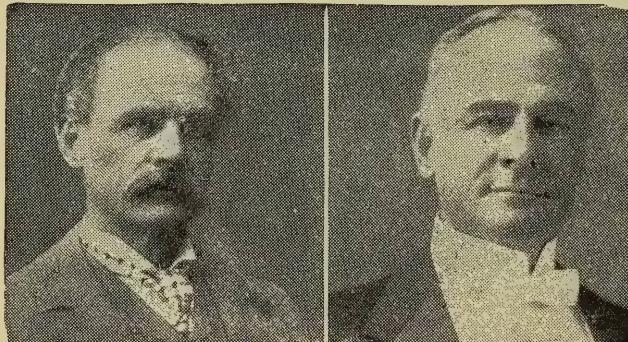
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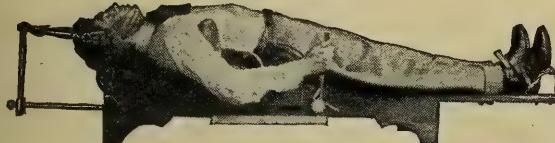
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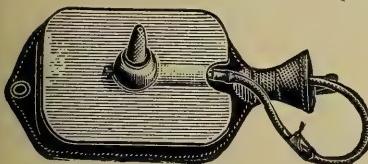
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Brain and Brawn

MARCH, 1914**Harry Ellington Brook, N. D., Editor****Clara Brook, Business Manager**

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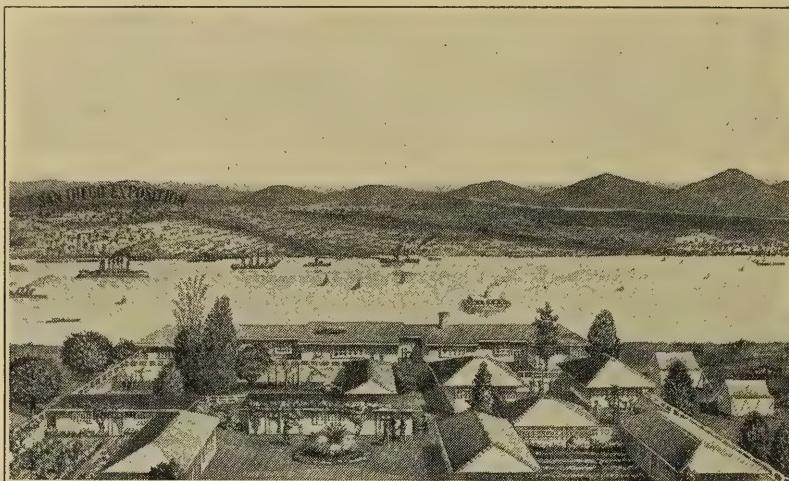
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Vol. II

LOS ANGELES, MARCH, 1914

No. 10

Why Married People Quarrel

DIVORCES are becoming so common as to excite no surprise, and little attention. When I was a boy a divorced woman was pointed out with bated breath. However, there is nothing new under the sun—only changes back and forth, from generation to generation. In the days of Rome's decadence one woman boasted of having had twenty-three husbands.

Whatever moralists may say, man, like most of the animals, is polygamous by nature. That is a fully sexed man, physically normal and healthy, not the half-baked product of salesrooms, factories and offices. This is why strict monogamy is rare, notwithstanding drastic legislation. This is why, to insure a happy monogamic life, conditions must all be favorable. Usually they are, in many respects, unfavorable.

I might cite many causes of marital infelicity but will only refer to a few, namely hasty marriages; sexual excess during the honeymoon, with resultant mutual disgust; money, the "root of all evil;" jealousy; undue familiarity, breeding contempt; difference of opinion as to the begetting of children; drink; religion; ill health; interference of relatives; bad cooking; lack of male mastery and lack of affinity.

Hasty marriages: The haste with which young people enter what was formerly called the "holy state of matrimony" would be ludicrous, were it not sad, and so often followed by wrecked lives, sometimes also by ruined lives of children. At an age when the natural sexual instinct begins its urge, over-stimulated by unnatural food, excited by the close contact permitted in modern dances, a youth and maiden mistake sex passion for love, and rush heedlessly into a bond that is nowadays so easily severed, as to make of marriage a mockery. In Goldsmith's Vicar of Wakefield the vicar tells that he chose his wife as she chose her wedding dress—something that would wear. When people marry nowadays they think less of the wearing qualities of their so-called "life partners" than they do of their furniture. Marriage to endure must be based on something more lasting than sex passion.

Sexual excess: A most prolific cause of failure in marriage is sexual excess during the honeymoon, due, partly, to ignorance of the laws of sex relationship, and partly to downright selfishness and lack of consideration in the husband. Many men seem to suppose that in some mysterious way the laws governing relationship between the sexes cease to apply when a wedding ceremony has been performed. Nature knows nothing of ceremonies. She simply collects her bill, when her laws are violated.

Notwithstanding that most young girls nowadays know as much about sex matters as their mothers—and many more than they should know—it is yet a fact that girls often enter matrimony totally ignorant

of what is expected. Family physicians could tell of many such cases. If the husband is not considerate, the revelation comes as a shock that may embitter two lives. This explains many cases where a bride leaves her husband or commits suicide within a few days after marriage. Some time ago, in a novel, I read of a Russian diplomat, who was diplomatic in more things than politics. He married an innocent girl from a convent. On the wedding night he conducted her to her apartment and returned to his own. This went on for a week or ten days, at the end of which time she came and rapped at his door with a hair brush, saying she was afraid. That was a wise man.

Men understand women even less than women understand men. Men are likely to judge women sexually by themselves. In the normal woman the sex passion must be mixed with some affection and dalliance. As Milton says of Eve "she would be woo'd and not unsought be won." Male "love" is largely a question of overeating of over-stimulating food containing too much phosphorus, and constipation from eating condensed foods, like white flour and cheese. A fountain syringe would often be an appropriate present for a bridegroom.

Money: There is an old saying: "When Poverty comes in at the door Love flies out of the window." That is not real love. On the other hand, riches acquired late in life often cause couples to drift apart. Money is a blessing or a curse "as you like it."

Jealousy: This is a species of insanity, mixed with selfishness and self-conceit. Jealous people should never marry.

Undue familiarity: Married people should avoid becoming commonplace to each other. They should always sleep in separate beds. On this subject the late Dr. E. B. Foote has written:

Married people sustaining the monogamic relation, especially, make a great mistake in allowing themselves to sleep together. This practice leads in a measure to uncongeniality. From five to eight hours bodily contact in every twenty-four with one person not only causes an equalization of those magnetic elements which, when diverse in quantity and quality, produce physical attraction and passional love, but it promotes permanent uncongeniality by making the married pair grow alike physically. The interchange of individual electricities, and the absorption of each other's exhalations, lead directly to temperamental inadaptation, and to this cause may doubtless be ascribed one of the chief reasons why a husband and wife manifest such a tendency to grow alike after many years of matrimonial companionship.

Children: I am not of those who admire Roosevelt's foolish "race suicide" theory. I have said several times that to beget children when they are not assured of proper mental, moral and physical care is a crime, as it is also to force unwelcome offspring on an over-worked mother. On the other hand, marriage entered into with the deliberate idea of avoiding children is simply legalized prostitution. Children are a source of much anxiety and sorrow, but a childless couple prepare for themselves a sad old age. My experience teaches that it is more often the man than the woman who objects to having children. A normal woman instinctively yearns to fulfill the functions of motherhood.

Drink: Habitual intoxication on part of either husband or wife has been the cause of breaking up many happy homes, and of causing misery in homes that have not been abandoned. No specific advice can be given to meet such conditions, as each is different and the treatment must be made to suit the case.

Religion: Religion causes family strife as well as civil strife. Persons of different religious faith should never marry, if either takes religion seriously. When, like most people, they call themselves this or that because their parents did so, or because the church is fashionable, it makes no difference. Otherwise, when the Romeo and Juliet period is over, trouble will begin, the priest or teacher of the cult perhaps feeding the flame. The final break takes place when the question arrives as to what religion the children shall be taught. Sometimes religious conversion comes later in life, and cannot be foreseen at the time of marriage. "Christian Science" has brought coldness and discord to many happy homes.

Ill health: Lack of health on part of either man or wife, is a serious obstacle to harmony. No man or woman with chronic dyspepsia, or congested liver, or constipation, can possibly maintain good humor at home, although they may smile when abroad. The consequences of this ill health are visited on the family. And the pity of it is that this condition is so absolutely unnecessary.

Interference of relatives: The joke about the mother-in-law is threadbare. Many young married people have had cause to give thanks for the loving help and advice of a mother-in-law. On the other hand, injudicious mothers-in-law and other relatives often do much harm by well-meant but misguided "butting in." The married couple should live alone. When a woman marries she belongs with, if not to, her husband.

Bad cooking: Bad cooking is a more serious cause of marital difference than one might suppose. In England they are giving girls cooking diplomas before they marry. A good idea. Bad cooking is not only a question of appetite, but of health. Food deprived in cooking, of the necessary organic salts, makes a man nervous, irritable and morose. One cannot well expect a dyspeptic to be a model husband. Nor can you hope to solve the problem if you are able to hire a cook, for the average cook knows as little of hygienic cooking as the average mistress.

Lack of male mastery: This is another frequent reason for unhappy marriages. Notwithstanding all the talk about women's rights, and equality of the sexes, the normal woman, who is fully sexed, in seeking a mate, instinctively demands a master, and if she does not find him in her husband, she is likely to seek elsewhere. This is a law of nature, for human beings as well as animals. The husband need not display mastery by any harshness of deed or word, or manner—except to those of coarser breeding who demand such treatment as a proof of love—but the wife must feel that she may look up to her man, or she will not be happy and content. There can be but one captain in the matrimonial ship. This partly explains why so many wives stick to men who abuse them, and run away from kind husbands.

Now I come to the chief of all causes of matrimonial quarrels—lack of affinity. We have heard much lately of "affinities," or "soul mates" used often as an excuse for a man or woman to make a change of sex partners, although sometimes there is a deeper physiological reason. What I mean by affinity is mental and physical adaptation. If this exists, all the obstacles I have named may be swept aside. Without this, there is no chance of permanent agreement, although otherwise

conditions may all be favorable. A few weeks ago a newspaper illustrator in New York State shot himself, following a dispute with his wife about the proposed killing of three cats. Had the couple been affinities this would not have happened.

Males are usually positive, females negative. In exceptional cases the reverse is found. Opposites attract. On the contrary, when two negatives or two positives meet there is mutual repulsion. So long as the electrical or magnetic forces of husband or wife are similar in quantity and quality, it is impossible for satisfaction to be experienced in physical contact. This fully explains many cases of apparently mysterious marital differences and divorces. If mental adaptation exists between the married pair, so that they really feel ardently attached to each other, this obstacle may in course of time be partially remedied by care in diet, habits, etc. Defective faculties may be cultivated. Otherwise, the two will begin to drift apart as soon as the rhapsodies and novelty of the honeymoon are passed. In the same way the outgrowing of compatibility by constitutional changes should be guarded against.

There must be difference in quality as well as quantity of electricity. I quote again from Dr. Foote:

Nor is it sufficient that one should be positively and the other negatively electrified. The element must be dissimilar in quality as well as in quantity. The nature of the current produced by the friction of glass on silk is unlike that generated by a galvanic battery. Electro-magnetism is not like galvanism. The electricity of a thunder-storm is unlike any of these. So do the electricities of individuals differ in their nature in the same ratio that the latter differ in their physical conformations. Each person generates and imparts an animal electrical element peculiar to his or her organization, and it is safe to advise every man and woman who, during courtship, do not experience the peculiar warmth and nervous exhilaration which different magnetisms induce when in each other's company, to dismiss all idea of uniting in marriage.

To insure happiness in marriage there must also be temperamental adaptation, based upon entire physical diversity between a man and a woman. The leading temperaments are the vital, bilious, sanguine and lymphatic. Then there are compounds of these temperaments. Vital tenacity in offspring is dependent upon proper physical or temperamental adaptation in the parents, while vitality in the offspring is dependent mainly upon the physical condition of the parents at the moment of conception.

Finally, there should be mental adaptation, or an approximate correspondence in the tastes, sentiments and propensities of the husband and wife. This does not mean that a genius should marry a woman of great intellectual ability. By no means. As I said recently, that invites trouble. There must, however, be intelligent sympathy.

Our civilization has made it possible to have such a great variety of foods that people have cultivated the habit of overeating. This means overstimulation of the reproductive functions; and if it were not for the counteracting influence of alcohol, tobacco, coffee and tea, the sex immorality of our country would be appalling.—J. H. Tilden, M.D., in "A Stuffed Club."

Brain and Brawn

SOMEONE has cleverly said: "The brain gets a great deal of credit which belongs to the stomach, the muscles, and the lungs."

Again, O. S. Marden, in one of his latest books, says: "No man can afford to transact important business when he is not in fine condition, and it pays one in health and in comfort, as well as financially, to be very good to one's self, especially when health and a clear brain are our best capital."

The action of the brain depends upon the bodily organs, especially on the stomach, liver, bowels and kidneys. It is impossible to think clearly when you have a foul colon. Constipation, dyspepsia, and congested liver have caused much misery and many crimes, including family quarrels, murder and bloody wars.

Almost all digestive ailments are due to wrong eating. Here, again, we are forced to recognize the importance of diet, not only to the physical, but also to the mental and moral man. "As a man thinketh in his heart, so is he" says the New Thoughters. True; but like the drugging doctors, they do not go back to the cause of the cause. As a man digesteth in his stomach, so doth he think—not in his "heart," but in his brain.

Dogs

A COUPLE of weeks ago that excellent journal "Life," friend of men, women, children and animals, and fearless defender of the oppressed, published a picture showing a disembodied spirit smuggling a dog across the Styx, in defiance of Charon's sign: "No Dogs or Cats Will be Allowed on this Ferry." Some time before that, in a Los Angeles variety show, a performer, in the course of his "stunt" said that if he should see on the gates of Heaven a notice reading "No Dogs Admitted" he would retire.

I feel about the same way, myself. Someone has said: "The more I see of men the more I think of dogs." Even in intelligence, there are many dogs that compare favorably with the average man. When we come to consider affection, fidelity and loyalty, comparison ceases. How many men, as a matter of course, would lay down their lives for a friend, as any little yellow cur will do? How many widows mourn their departed as the dog who starves himself on his master's grave? Yet these faithful friends of man are subjected to most horrible tortures, for the purpose of prosecuting useless and harmful medical fads, or merely to satisfy a morbid and cruel curiosity.

Oh, yes, I know there are dogs, as there are men, that have been raised in luxury—that have been pampered, and petted and stuffed, until they have lost almost all semblance of normal mental, physical and moral qualities. I refer not to such things, but to dogs—just plain ordinary dogs.

You can't keep a dead level long, if you burn everything down flat to make it. Why, bless your soul, if all the cities of the world were reduced to ashes, you'd have a new set of millionaires in a couple of years or so, out of the trade in potash.—Oliver Wendell Holmes.

Compulsory Blood Poisoning

THE Appellate Court of the State of California has handed down a decision upholding the stand taken by the University of California authorities that every student registered at the institution must submit to vaccination. This, despite the fact that a majority of physicians do not believe in vaccination, although few of them care to admit it publicly, because it would not be "ethical," and besides, it would cut off an important source of revenue. The annual income of physicians from vaccination, in this country, has been estimated at fourteen million dollars.

In England, after a long Parliamentary investigation, compulsory vaccination was abolished. In California it has been done away with in the public schools, except when some pretext can be made of an "epidemic."

It has been conclusively proved that vaccination, instead of preventing smallpox, keeps it alive. Smallpox would today be as rare as that other filth disease, the black plague, had it not been kept alive by vaccination. Vaccination is often the cause of severe bodily injury, and sometimes of death. It has contributed to the spread of serious ailments, such as diphtheria, tuberculosis, epilepsy and cancer. If the vaccinated are fully protected, why, then, should they insist in the injection of vaccine poison into the blood of those who do not believe in this pernicious practice? Dr. George B. Abbott writes to me as follows:

"No disease, no education," is the gruesome mandate of this court. "Be diseased or grow up in ignorance" is the inscription written over the door of the University of California, in violation of right, reason and common sense. Think of it, reader! The enjoyment of health is made a penal offence by the decision of the Appellate Court in defiance of the people who passed a law making vaccination optional with the person affected. Think of this unparalleled injustice and the wisdom of the court rendering the decision. We need only to turn to Japan to find the most vaccinated and re-vaccinated people in the world, with the highest death rate from smallpox. The health department of New York City reported: "The special prevalence of smallpox in countries where vaccination has been long and effectually practiced, and its occurrence in the most fatal forms in persons who gave evidence of having been well vaccinated, must lead to a re-investigation of the whole subject and of its claim as a protective agent."

Cancer was practically unknown until cow-pox vaccination began to be introduced. It is certainly about time to study out the possible connection between the two. I have had to do with many cases of cancer, and I never saw a case of cancer in an unvaccinated person.

Unless the Appellate Court of California was entirely ignorant on this subject, it would be interesting to know what argument can have been presented to induce the Court to reconcile itself to the rendering of a decree so opposed to reason and justice.

Meantime, what are the people of California going to do about it? The rebellion against King George had much less to rest upon than this, because that affected only the pocket, whereas this directly affects health, and life.

I look on that man as happy who, when there is a question of success, looks into his work for a reply, not into the market, not into opinion, not into patronage.—[Emerson.]

Wages and Morals

ARTHUR Letts, proprietor of a Los Angeles department store, recently addressed a meeting, in New York, of the National Retail Drygoods Association, of which he was elected president. He gave some good advice, among other things urging sanitary conditions, good food at low cost, seats behind the counter, welfare work, protection of female employees, paying a living wage, mutual benefit associations, shorter hours of work, and a profit-sharing plan. All this is excellent. Then, however, the speaker went on to denounce the idea that wages and work in department stores have been instrumental in causing immorality among employees. "Defending store girls," as a newspaper report of the speech states. Can Mr. Letts be so woefully ignorant of a subject upon which he should be well informed, as thus to misstate facts that are of common knowledge? It is true that of late the public has been nauseated by exaggerated hysteria in print, and on the stage, about "white slavery," which is mostly the involuntary embracing by women of what appears to be the easiest way. This does not in the least alter the fact that thousands of girls have been practically driven to prostitution by starvation wages, to which may be added seduction by store employers and officials. Any well informed newspaper man can tell you of such happenings here in Los Angeles, but these stories, for obvious reasons, do not get into the newspapers.

It is all very well to say that "the future mothers of our nation will not sell their virtue for a few dollars a week." That sounds like a Fourth of July oration. Suppose, however, that a couple of dollars a week means a difference between living and a miserable existence.

How often do we see men who are fairly well to do, succumb to the temptation of embezzling for the sake of a little luxury. How, then, can you expect young girls to withstand such a constant temptation? Many do, it is true, but they should not be asked to undergo such a cruel test.

It is a recognition of these facts that has aroused public opinion, and shamed or forced laggard employers to pay decent wages. It is true that, as I said last month, a constantly increasing number of wise, broad-minded employers are voluntarily doing these things, with benefit not only to the employees, but to themselves. Let us be thankful for that. There are still sweat shops and factories to be reckoned with, but they will have to come around before long.

Meantime, it is not kindness to working girls to gloss over the truth, or to deny that under certain conditions that have prevailed—and to some extent still prevail—girls have been practically forced to sell their bodies.

Oh Thou, who didst with pitfall and with gin
Beset the Road I was to wander in,

Thou wilt not with Predestin'd Evil round
Enmesh, and then impute my Fall to Sin!—Omar Khayyam.

Fear of Death

SENATOR CULLOM, who died in the last week of January, had a year before issued a book entitled "Fifty Years of Public Service" in which he wrote:

I have no great fear of death except the natural dread of the physical pain which usually accompanies it. I certainly wish beyond any words I have power to utter, that I could have greater assurance that there will be a reuniting with those we love and those who have loved us in some future world; but from my reading of the scripture, and, even, admitting that there is a hereafter, I cannot find any satisfactory evidence to warrant such a belief. Could I believe that I could meet the loved ones who have gone before, I do not know but that I should look forward with pleasure to the "passing across." Not having this belief, I am quite content to stay where I am as long as I can; and finally, when old Charon appears to row me over the River Styx, I shall be ready to go.

A short time previous to his death Mr. Cullom is said to have recanted and expressed his belief in immortality. Notwithstanding Scott's suggestion that "the sunset of life gives us mystical lore; and coming events cast their shadows before," I venture to assert that Shelby Cullom knew just as much—or as little—about the hereafter, when he was on his death-bed, as he did when he wrote the statement above quoted—just as much or as little as you or I, or any other human being knows, or ever will know. We may hope, or believe, but that, as I recently said, is not knowledge.

As to the physical pain of death, Cullom was wrong. Dissolution is usually painless. Nature, stern and merciless during our lives, seems to relent as we near the end, and smooths the dark passage. Those rescued from drowning describe their sensations as most pleasant, and they sometimes instinctively try to avoid their rescuers. There are exceptions, as in death from some poisons, and from certain painful forms of disease.

Those who have been instilled with a belief in the superstition of everlasting torment naturally fear death, but that is not physical pain. It is not death, but fear of death, that is painful.

Food and Clothing

JN the Los Angeles Tribune Henry James wrote:

That women eat too much because they wear too little is a newly-propounded theory of much interest psychologically.

One naturally wonders at the state of mind of a person capable of soberly springing such a thing as that.

Not so fast. A little investigation will show that this statement is not altogether so ridiculous as Mr. James seems to suppose.

Heat is life. Cold is death. There are four ways of maintaining the heat of the body, desirable or undesirable, in the order named: Exercise, food, clothing, and artificial heat. Clothing and artificial heat are enervating. The most natural way to heat the body is by exercise, backed, of course, by a rational amount of food. When the internal organs are inflamed the blood is drawn from the skin. Then you say you "feel the cold," and clothes do not keep you warm.

Food serves three purposes in the body—to furnish heat, to create energy, and a little to repair waste. The chief purpose is to keep up the heat of the body, without which we must die. Obviously, therefore, the more the body is protected from losing its heat, by clothing, or other artificial means of heating, the less food is required. It is not so unpleasant to starve in Southern California as in Siberia. If one takes a starving man, shivering with cold, gives him a hot bath, and places him in a warm bed in a warm room, his stomach will not trouble him so much as it did.

As I have said, much clothing is enervating. One should harden one's body by exposing it to the sun and air, and occasionally, when the reaction is good, to cool water. Keep the skin aerated. Scrub the body thoroughly with a flesh brush or bath gloves every morning, and oil the skin after a bath, with a good body oil. Also keep the extremities warm. The Chinese dress far more sensibly than we do. They keep the important pulse of the wrists covered, and instead of leather, the worst possible material for footgear, cold in winter and hot in summer, they wear thick cork soles. For underwear wool should never be worn. It is a filthy material, never thoroughly clean after it has once been worn. The best of all materials is ramie linen, next linen mesh, and after that, cotton.

Easterners often make the mistake of supposing that Southern California is a place where nobody ever feels the cold. They soon find their mistake, if they stay here through a winter—especially if they are "lungers." In the next number, if I can find space, I shall say something on the important subject of heating houses.

The Blessed Sense of Humor

JREGARD a sense of humor as one of the most precious gifts that can be vouchsafed to a human being. He is not necessarily a better man for having it, but he is a happier one. It renders him indifferent to good or bad fortune. It enables him to enjoy his own discomfiture.

Blessed with this sense he is never unduly elated or cast down. No one can ruffle his temper. No abuse disturbs his equanimity. Bores do not bore him. Humbugs do not humbug him. Solemn airs do not impose on him. Sentimental gush does not influence him. The follies of the moment have no hold on him. Titles and decorations are but childish baubles in his eyes. Prejudice does not warp his judgment. He is never in conceit or out of conceit with himself. He abhors all dogmatism. The world is a stage on which actors strut and fret for his edification and amusement, and he pursues the even current of his way, invulnerable, doing what is right and proper according to his lights, but utterly indifferent whether what he does finds approval or disapproval from others.

If Hamlet had any sense of humor he would not have been a nuisance to himself and to all surrounding him.—London Truth.

To control the body or mind alone is to manage only one horse of a team.—George L. Walton, M.D.

Briefs

How many who have bought advertised mining, oil, and other stock during the past ten years have got back a penny? Truly, a new sucker is born every minute.

One result of the tariff: American woolen company sends man to England to investigate the possibility of developing the market in worsted and woolens.

Italy protests against American physicians on trans-Atlantic steamships. Soft snap for doctors. They might find some "healthy germ carriers."

I read of a "petite little woman." She must be a dwarf.

Two New York doctors announce a cure for softening brain. How about hardening of the heart?

Why doesn't some enterprising Easterner open a cigar stand, a bank, and a moving picture show in Los Angeles?

California expects to ship, this season, enough oranges to provide fifteen for every person in the United States.

Railroading offers great opportunities. Scott, the new general manager of the S. P. Pacific system, started in 1881 as a fireman.

Mrs. Emma Dunks of Santa Ana, Cal., was a mother at 13 and her son at 17 became a father.

A Monrovia, Cal., man died after 33 operations for blood poisoning.

A "veteran athlete" of Michigan University, age 35, has retired on account of heart weakness.

Los Angeles parsons recently condemned unclean and suggestive newspapers, and arranged to hire Billy Sunday. Billy is more vulgar than most papers ever dare to be.

Cleveland school children are to be taught how to blow their noses.

The Visalia, Cal., Merchants' Association resolved that saloon licenses are "for the benefit of Visalia, both morally and financially."

A course on alcohol has been opened in the University of California. That may do more good than denunciations of the "rum fiend."

The San Jose, Cal., Pastors' Union says the "commingling of children in the dance is conducive to immorality." If they mean folk dances, they must have impure minds.

The death rate of Los Angeles for 1913 was 14.9 per thousand; a low rate considering that so many come here to die.

Some of the new ballroom movements seem to be rather clever imitations of St. Vitus' dance.

Congress has voted half a million for a campaign against hog cholera. Stop feeding them swill and garbage.

A pastor has a perfect right to change his belief, but he should then resign his pulpit—and his salary.

It rains sometimes in California. In 1909, at Monumental, Del Norte County, 153.54 inches fell. That is as much as Los Angeles gets in ten years.

In Los Angeles, in 1913, 2785 divorce cases were set for trial, and 922 divorces were granted.

City congestion bears natural fruits—unemployment, poverty and unrest.

There is a saying that "Englishmen love a lord." Judging from the attention paid to traveling slips of nobility by the press, the same is true of Americans.

Frederick Townsend Martin tells a London reporter that society is improving and becoming more serious. Glad to hear it.

Out of seventeen samples of borax soap, eight contained no borax, while in the others there was very little.

The Sydney, N. S. W., Bulletin is as frank and outspoken as this magazine. Its commercial column is headed: "Business, Robbery, Etc."

Now the English are taking to sleeping porches.

In German cities, a conductor is fined, and the second time is fired, if he allows more on a street car than there are seats for.

Only ten per cent. of American college graduates can write a fair English letter.

Germany averages $29\frac{1}{2}$ bushels of wheat to the acre, the United States, 14. There is a sermon in this text.

A New York judge decided that it was "disorderly conduct" to invite a Virginian to drink grape juice. Sure!

A Columbia college professor says foul air is not injurious. Such a bray should earn him the Ignoble prize.

Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

Vol. II

LOS ANGELES, MARCH, 1914

No. 10

Circulation

GOOD circulation of the blood means good health. There may be faulty circulation, not through any deficiency of blood, but because it does not flow freely. Then there will be high blood pressure, with its train of ills.

The circulation of a periodical is equally essential to its life and health. Here, again, quality as well as quantity of circulation counts. It is easy to work up a large, or even an immense, circulation, by dumping copies in public places, or sending them out by thousands as free samples, to be glanced at and then thrown away. There is a great difference between such a forced circulation, and a natural circulation, among those who have paid a dollar a year in advance, or ten cents a copy, and who read the magazine through from cover to cover, including the advertisements; then perhaps lending it to a friend.

Experienced advertisers know this. Inexperienced advertisers would do well to learn it. They may thus save much money that otherwise would be wasted.

Marriage

AS you see, I have this month devoted more than half a dozen pages to Marriage. Surely a most important subject, in connection with brain and brawn—with the care of the body. No unhappy husband or wife can possibly have a good digestion while no dyspeptic can possibly be a good husband or wife, try as hard as they may.

Those who have perpetrated or contemplate perpetrating matrimony may find useful hints in this number. Being a grandfather of fourteen children I write "as one having authority, not as the Scribes."

Administration of law should be equal and exact. As it is, one judge may give a man two years, another five years, for a similar crime, committed under like circumstances, the variation depending upon the temperament—or perhaps the digestion—of the judge. This tends to lessen respect for the law

Censorship of the Press

DURING a discussion of a stock exchange regulation bill Senator Hitchcock said: "This bill attempts to Russianize America. It would establish a censorship over the press by the Postmaster-General. American newspapers will not tolerate it."

The Senator is apparently unaware of the fact that such a censorship already exists. One man in Washington decides what is fit for Americans to read. Books and magazines giving serious, decent and much needed information on sex subjects are held up, while smutty novels and stories are permitted to circulate freely. Recently a course of lectures on sex hygiene for the Chicago schools was barred from the mails. Good men have even been imprisoned for attempting to impart essential knowledge.

I submit that this power is too great to place in the hands of any one fallible man. Freedom of the press is a fundamental principle of our government.

New California

IT seems that many of those who have been pouring in on us from the effete East during the past quarter of a century aim to transform this, the grandest State in the Union, the State the Argonauts loved, into a sort of protracted prayer meeting, varied by prohibition campaigns, church squabbles, revivals and "white slavery" investigations. No wonder the old timers and some of the more liberal and broad-minded newcomers are beginning to complain.

This is not a protest against rational social reforms, but against the ceaseless efforts of pernicious prudes to interfere with personal liberty and force others to do just as they do.

Knowledge and Wisdom

CONGRESS has been discussing and the lower house has adopted a literary test for immigrants. That will not help much. Knowledge is not even a good mental test. Knowledge is not wisdom. Many college men are fools and some who cannot read are philosophers. As to morals, many of the world's best men have had no schooling, while some great scholars have been great scoundrels.

It is interesting to note how soon big manufacturing plants began to reopen after the word was passed that the Empty Dinner Pail bogie wouldn't work any more.

Each in His Own Tongue

A fire-mist and a planet,
 A crystal and a cell,
A jelly-fish and a saurian,
 And caves where the cave-men dwell;
 Then a sense of law and beauty
 And a face turned from the clod—
Some call it Evolution,
 And others call it God.

A haze on the far horizon,
 The infinite, tender sky,
 The ripe, rich tint of the cornfields,
 And the wild geese sailing high;
And all over upland and lowland
 The charm of the golden rod—
Some of us call it Autumn,
 And others call it God.

Like tides on a crescent sea-beach,
 When the moon is new and thin,
 Into our hearts high yearnings
 Come welling and surging in:
 Come from the mystic ocean
 Whose rim no foot has trod—
Some of us call it Longing,
 And others call it God.

A picket frozen on duty,
 A mother starved for her brood,
Socrates drinking the hemlock,
 And Jesus on the rood;
And millions who, humble and nameless,
 The straight, hard pathway plod—
Some call it Consecration,
 And others call it God.

—William Herbert Carruth.

Prices of commodities are not rising, but the value of the dollar is declining, owing to greatly increased production of gold. We must provide accordingly, for a dollar is worth only what it will buy.

It must be hard for Republican papers to preach Prosperity under a Democratic administration. We should by now be going to the demnition bow-wows.

Voters in their treatment of wrongs remind me of a man slapping at disturbing flies. Once in a while he kills one; then he goes to sleep again.

Brooklets

To link the name of Lincoln with that of Taft looks almost like sacrilege.

* * *

In politics, as in religion, where there is no dissension there is no life.

* * *

Physical culture should aim at healthy and symmetrical bodies, not big bunches of unsightly muscles.

* * *

Two telephones are as useful as two tails to a dog.

* * *

In olden days enemies were killed before a court of honor, now they are ruined in a court of law, or on the exchange.

* * *

It is false to assert that "every man has his price," but it is unfortunately true of most men.

* * *

Did you ever see in the society columns mention of a matron or bud who is not "beautiful" or "charming"—or at least "chic?"

* * *

A bright man, impatient of dull minds, makes many enemies.

* * *

If you have ability you may accomplish almost anything by patience and perseverance, but not by "affirmations."

* * *

Men speak of a "bad cold." What is a "good cold?"

* * *

A young man, following sex instinct, is "sowing wild oats," while a young woman, following the same bent, is "ruined."

* * *

Did you ever hear of an "unsuccessful operation?" In such cases the trouble is always caused by "complications."

* * *

Considering leg shows at the theaters and at the beaches, this fuss about split skirts is supremely ridiculous.

* * *

Cornering food is dirty business. Joseph set a bad example.

* * *

There is much in a name. For instance, suppose you call a cowboy an "ox-herd."

* * *

I have all my life been plagued with remnants of a conscience. Sometimes I wish I could get rid of it.

* * *

Don't get too much worked up over evil and injustice, or you will find life unbearable.

* * *

It is useless to recall or regret the past, except as a guide or a warning for the future.

Care of the Husband

SOME years ago the New York Evening World offered a prize of twenty dollars for the best plan showing how to manage a husband. The letters received in answer to the offer, from more than one hundred women, were subsequently published in book form. Some of the suggestions given are wise and some are otherwise, but all are more or less interesting, showing the extremely varied opinions held by women on this important subject.

Here is one who says her plan worked successfully with three husbands. It is just possible that it might not work so well with number four:

"Having successfully managed three husbands—my first and second are deceased—I am now living with my third in great comfort.

"Each of my husbands, while courting, pleaded, urged and begged me to marry him, and in each case I condescended to do so upon the condition that he should be my willing, faithful slave.

"I insist that he shall smile upon me, kiss me and provide for me to the utmost extent of his ability. He must select for me the choicest morsels of food, and bring me dainties when unable to provide them for both him and myself.

"He must wait on me, not I on him. He considers it a treat when I consent to go to the theatre or places of amusement with him (he cannot enjoy himself without me). Upon his bended knees he sought my hand, and this principle of being his master I have carried out in my matrimonial experiences."

A Connecticut woman advises to "let him be just a trifle jealous of you." That is rather a dangerous game to play at. You see, the husband may also become an adept at it.

One woman recommends "never, never get angry no matter what happens." Easier to say than to do. She also says: "Never box his ears, pull his nose or whiskers. Never step on his toes, nor injure his new hat." That is easier.

A woman who evidently knows something of man's nature—or at least of a smoker's nature—recommends that the husband be allowed to smoke at all times, and in any room.

Here is a financial suggestion:

"Above all, do not make him lay down his salary, and deal out his carfare and lunch money to him as if he did not know how to keep it himself. Some women think that is the way to manage, but I know it makes a man feel very small." Usually the shoe is on the other foot. The same woman gives the following excellent advice:

"Do not have any interference from relatives on either side. If you are old enough to marry you are old enough to manage your own household."

This is not bad:

"I feel confident that the girl who marries a true gentleman will find him capable of managing himself."

Following letter is concise and true:

"I do not think the wife should make a slave of herself for her husband. She is just as tired as he is when night comes, therefore, they should try to please and wait upon each other. What's fair for one is fair for the other."

Here is one that ought to please the men:

"Always be cheerful. If your husband should strangle you, smile with

your last gasp. In short, allow him to do just as he pleases, and I assure you you will have no trouble in managing him."

This woman evidently has a high idea of the American husband. Should she embark on other matrimonial ventures she may discover that there is a lot of human nature—and human cussedness—in American as well as in other brands of husbands. She writes:

"The American husband does not need to be 'managed.' He is born good, is a good son, and the best of husbands; therefore the word 'manage' should never be used in connection with him." Um!

A wise wife of seven years advises:

"If he comes home and tells you frankly he is going to an entertainment, and asks, 'Do you mind, dear?' you may as well say no; because, if you object, he will go anyway, and the next time will not tell you."

Here is the letter for which the prize of twenty dollars was awarded by the president of the Sorosis Club, who acted as judge. It is good, but not better than some of the others:

"There is no need of 'management' where love exists, and where there is no love all the management in the world would effect nothing. Man expects happiness in his home life, and the loving wife knows well how to supply that luxury, not by artifice, but by honest, open and womanly methods.

"She need not tell him of her petty trials, for he will discover them of his own accord and share them willingly. No slave to him should she be—and a true man would not allow it—but a true wife, sharing his pleasures, taking pride in his advancement, soothing him in sorrow and giving him the warmth and kindred-loving fellowship for which he sought her.

"When disputes arise she should, if convinced of right, maintain her point, for when the argument has passed the husband will respect her all the more.

"Husband and wife are grown too old to play at children in schemes and artifice to maintain the marriage bond. Shame to the wife compelled to 'feed,' wear bangs, frills and paint to hold him. There should be perfect frankness and honesty, and the wife to 'manage' her husband must first love him."

This woman apparently has had experience in driving hogs:

"If your husband be of an obstinate disposition give him advice directly opposed to what you wish him to do, and you will gain your ends. Thus you will manage him without his realizing it."

The shortest and yet one of the most significant letters in the book consists of only three words—"Feed the brute."

There is much truth in this suggestion, but it all depends upon what you understand by the word "feed." If you give your husband what is known as "high living," meaning a lot of rich stimulating foods, mixed incongruously together, he will in time unfailingly develop an inflamed stomach and an indurated liver, which will cause him to become bad tempered, snappy, unreasonable and hard to get along with. On the other hand, if you feed him plain, wholesome, appetizing food, that contains the necessary elements required by the body, especially the organic salts, which feed the nervous system, then, on the contrary, you may expect him to maintain a serene and happy disposition, and to require little management.

So, therefore, here again you see that we come down once more, at the end of the question, to that all-important subject of diet.

As a man eateth so is he.

How to be Happy Though Married

FOllowing are extracts from a long communication received some time ago from a worthy old gentleman in Minnesota. He entitled the article "The Eveil of Divorse, and How to Cure It, Or how I Don it." I have retained the unique spelling and composition. It is too good to change:

I was born into this World an Amiture Man. When I was 18 years old the Drs. said I would Die of Comsumtion. I read of Dr. Fooths Works. I get his Home Cyclopediæ, Social Scienc. I studied it so that I cured Myself and learned to be my own Dr.

If I knowed as much When I got Married as I do now, it Would be Worth Thousands of Dollars to our familey. Why not give our experience for the benefit of Humanity all over the land.

I am 59 years old now, I am Married 35 years. When We first Married it Was the last day of October. We had to live With Old folks. I had learned that it Was Not a Proper Place fa A young exaptent Mother that Was eather nearvous or scared. So We Waited untill spring When We Went On our Homestead in the West, so that We Would not be Disturbed in our Wish for a Boy, For our first Born. 16 Months after Married our Wish Was fulfilled as we studied for, and no birth ailment or ugly Disposition. * * *

Now our Children have growd out of our arms so that My Wife Was lonesom, so I take there Place. Every Knight If I am the first to retire If I am awake I lay My arm on the Pillow, and When she lays down, I get her to My-Self. I fold her and Play With for a time, and say things that I said When a young Man. I May have said so Many things then? That 10 married men could not fulfel after? I am trying to redeme some of them Now.

I Wake in the Morning I get my head on her arm and tell her I am her boy and I pat her and Play With her for a time, so that She Will Know that she has a man still her own. * * *

Now We are old and gray-haired on the down-grade. We have our Children a Happy People as far as it goes, but they are not us, as to each other, nor for each other. When My Wife Was young she said Many ugly things since. But I forgot them yes! I swept out the chambers of My Brain every knight. My Wife gets up every day a Happy Matron Wife. With fresh courage to Work and do and love all around her, and a good cheer for all. When the day is don she knows that a Haven of rest and love await her that she can enjoy. Do you think that we ever talk of Divorce or any other seperation? NO. * * *

Do as I say, and Do as I do! And you Never Will regret it as long as you live. Your Wife Will return your affection a Thousand fold and Make your Home a Haven for you. If in after years she should lay in her Coffin you Wont be regreting your lack of thought and Manhod Neglected. Try Now Whilst she is alive. Give her some of the flour of thought now and say them good Words Now that you would feel like saying, If she should pas away before you! Dont you think but What she Would say to the Lord, Be as forgiving as My Man. Do you think he Would refuse her as you had been Gennerous With her on earth! He Would forgive her as you Would, And if you should come totering after, Not certain of your Place, and if St. Peter Would not open that gate? I Would hate to be delegated to keep it shut, she Would rais H——l. If you show your Wife that you love her as your Wife and as Man ought, She dont care What other things you do. She

will Work to Make of your Home a Haven of rest. A Nimbus around your trinity of Man, Woman and Children!

Now some of you Dignity ones Will say that is all right for children. But it is Writen somewhere, If ye dont do as little Children ye Will not enter the Kingdom of Heaven, or any other Where. By the Way, never bring troubles of any kind or discordent stories Home With you in any shape or Manner. And you, My good Wife, you do the same. Sweep out the Mansions of your Brains. Clean of every ugly thought. Take care of your House and Person in Presentable as you Would if your Paster Was coming for a visit. When your Husband is of More Importance than any Human being on earth. Meet him at the Door With a salute and let him look into the eyes. The looking-glass of the Brain, Where love Dwels, and that he can take you in his Manley arms and call you the Garden of his Gods and the trinity of yere Home. Happy Man, no divorce there!

Now My good Woman, dont think it lays With the Man to do all this you! Help!

Proposed Liberal Medical College

DR. CARL SCHULTZ, president of the Association of Naturopathic Physicians of California, nominally retired a year ago, for a well-earned rest. However, he is far too active to stay long on the shelf, even if his many former patients would let him. So he associated himself with Dr. August Greth, of the Naturopathic Sanitarium, on West Seventh Street, where he may be seen three times a week.

Dr. Schultz is now looking for a site in the heart of the city, for the purpose of establishing a college of natural medicine in which also students will to some extent be made acquainted with allopathic and homeopathic methods. Those who would like to interest themselves in such an enterprise, actively, passively, financially, or otherwise, are invited to communicate with Dr. Schultz.

Garlic Versus Yoghurt

NOW comes a physician of southeastern Europe, and says that the Bulgarians are not long-lived because they use buttermilk containing the "bacillus Bulgaricus;" that they use little buttermilk, but eat great quantities of garlic, in soup and otherwise, and that this is why there are so many centenarians in that country. This will be a sad blow to the manufacturers of "yoghurt," at a dollar a package—"See that the name is printed on the wrapper, and refuse all substitutes."

One guess is about as good as another. The Bulgarians are healthy and long-lived, not because they eat garlic and buttermilk, but because they eat frugally, and lead simple, open-air lives. There are few large cities in Bulgaria. The Irish are healthy and long-lived on a diet of buttermilk and potatoes, boiled in their skins, and centenarians abounded among the Southern California Indians when their diet consisted mainly of acorns and pinones.

People have imbibed from the doctors the belief that one may get well by "taking something"—some special dope or food. This is all superstition. There is no "specific," either in food or drugs. One cannot regain health by

means of buttermilk, or apples, or garlic, or any other food, if one eats wrong otherwise.

Both garlic and onions are wholesome, medicinal foods. Garlic is omnipresent in Southern Europe. One can smell a French city a mile away. Fastidious people object to the odor of garlic and onions. I admit it is not pleasant—on another person's breath. Eat a couple of charcoal tablets, and drink a glass of water. That will help.

The Walking-for-a-Wager Fake

FOR a supposed-to-be-shrewd, materialistic people, Americans are certainly "easy." They "fall" readily to the most transparent fakes. Take, for instance, that walk around the world business, on a big wager, supposed to have been put up by some supposititious person or club. The fellow who beats his way on a brake beam gets cuffs and abuse, but your walk-for-a-wager artist gets his mug in the papers. I notice that in Prussia the authorities have come to the conclusion that this type of travelers has become so numerous as to constitute a public nuisance, and the Minister of the Interior has instructed the police to prevent them from selling postcards with their photographs, announcing lectures or otherwise molesting the public, and to discontinue the practice of certifying upon their passports or log-books that they have passed through this or that town upon their wanderings. If a warning does not suffice to make them move on, they are to be arrested and punished for vagrancy.

Newspapers, Physicians and Quacks

FOllowing, from Collier's Weekly, shows what a great newspaper can do, when it tries, for the cause of decency:

"Quack doctors are the most vulnerable of big game. How astonishingly tender their commercial susceptibilities are has been shown by the Chicago Tribune. One week of exposure thru the Tribune's columns practically ruined every venereal disease quack in the city. Some shut up shop and disappeared. Others sat idle in empty offices, forlorn spiders at the center of flyless webs. Never before was so powerful and profitable an industry brought to such instant wreckage. What destroyed this pirate trade was not alone the direct result of the exposures, definite and potent though that was. The lethal blow was the eviction of all this class of advertising from the daily press. Within four days of the Tribune's declaration of war every morning and afternoon paper in the city, whether printed in English or in some other language (and there are a great number of Chicago newspapers published in foreign tongues), which was carrying this class of copy had been shamed or alarmed into throwing it out. The evening paper of William R. Hearst, who a year ago bragged mightily of having foregone his alliance with quacks, was forced to exclude advertising which represents in the neighborhood of \$70,000 a year blood money to that apostle of journalistic purity. Finally, the militant Tribune gives notice of its intention to stir up prosecutions under the law; or, if the present law be inadequate, to agitate for the enactment of a stronger statute under which the malefactors may be brought to book."

"In view of this newspaper's established reputation for carrying out whatever it undertakes to the fullest conclusion, it is a fairly safe prophecy

that in Chicago the venereal quackery game is up. Out in Seattle the Sun, a lusty infant of Far Western journalism, performed a like service for its city; and some years ago the Cleveland Press made a valiant but only partly successful effort in that vicinity. But the Chicago campaign has been by far the broadest and most significant. On its letter-head the Tribune terms itself 'The World's Greatest Newspaper.' To our mind its anti-quack victory goes far toward making the boast good."

This is good work, but why should it be left to newspapers? As I said in the January number, these men who prey on human suffering are permitted to flourish, while medical associations and state boards of health are persecuting and prosecuting worthy healers, who, by means of natural and harmless methods, are constantly curing cases declared by regular practitioners to be hopeless. Nearly all these leeches have "regular" diplomas hanging in their offices, or else they could not practice. Let the doctors clean up their own premises, before they seek to make war on others. If under the law they cannot do this, then let them get legislation that will enable them to do it. They are always seeking laws to give them power over the bodies of the people. No good citizen would object to a law to drive these human vampires out of business.

Some of these fellows, driven out of the venereal field, are now advertising to cure other ailments. They are unable to cure them, nor do they attempt to cure them, so long as the victim has money, and is willing to give it up. They fatten on the dense ignorance of the public regarding the laws of health.

A Clerical Collector

SEVERAL years ago, when I was editing the health department of the Los Angeles Times, I received a communication from Rev. Theophilus Kozlowski, of Buffalo, N. Y., asking me to publish a communication soliciting contributions for some philanthropic cause or other, the nature of which I have forgotten. Several months ago I received another request from the same individual, for publicity for another enterprise entitled "The Society for the Propagation of Godly Living and Healing, of Philadelphia," with an eight-page booklet (price 25c), containing, among other things, the announcement: "I must proclaim to you people that I am that angel having the eternal gospel, my book entitled Secrets of Health and Disease." The price of the new gospel is \$5.

In reply to inquiries made by me of Catholic officials, I learned that Kozlowski has no charge of any kind at the present time in the diocese of Buffalo, and that the "Society for Propagation of Godly Living and Healing" is not authorized by Catholic ecclesiastical authority.

This priest is evidently an enterprising and persistent collector.

A Young Life Snuffed Out

JN Los Angeles, on a recent Sunday, a young man of 24 was healthy and happy. He had never been sick in his life. That evening he was taken ill. They had a doctor. Then others, until finally there were seven—think of it, seven of them. They diagnosed the case as one of spinal meningitis. They pumped serum into him, and on the Tuesday he was a corpse.

This is merely a sample of many, many similar tragedies taking place daily all over the land. How long, O Lord, how long?

Sunset Club

THE Sunset Club of Los Angeles, of which I have the honor to be a charter member, is a unique organization. It was founded in June, 1895, by Charles Dwight Willard, who died January 22, on his fifty-fourth birthday. It was modeled on the Sunset Club of Chicago, and that, again, was patterned after clubs that have flourished in London for centuries. The idea was to bring together, once a month, at a dinner, men who think of something besides the accumulation of dollars, to listen to a paper and two shorter papers, followed by a discussion. Membership in the club, at first confined to sixty, now seventy, is highly prized.

To show the variegated make-up of the club, I may mention that it includes 14 lawyers, 7 physicians, 6 bankers, 5 educators, 5 railroad men, 4 writers, 3 judges, 3 farmers, 2 bishops (Catholic and Episcopal), 2 architects, 1 artist, 1 Member of Congress; also manufacturers and merchants, wholesale and retail.

Sunsetters are more like a big family than a club. The summer outings of a couple of days are red letter epochs in the memories of those who attend.

There was some talk of letting the club die a natural death, by taking in no new members, but the suggestion was quashed at the January meeting. Had such a rule been adopted, I should have prayed not to have been one of the later survivors. It would have been too sadly reminiscent of Campbell's beautiful poem "The Last Man."

Farm Labor in California

FOLLOWING is from a statement by John P. Irish, Jr., who is on the staff of Secretary Houston, of the United States Department of Agriculture:

"Just so long as truck farming is carried on in California on a gigantic scale, and just so long as grapes and fruits are grown on the one-crop basis, we shall be absolutely dependent upon Oriental labor. If we were to drive every Jap, Chinaman, and Hindu out of the State the beet-sugar industry would instantly cease. So would a great section of all our agriculture stop with a bang. We have developed our agriculture in recent years on the basis of a big nomadic population of labor which exists by means of short-term jobs. We are farming on a basis of an immediately available supply of nomadic labor. The nomadic white labor that can be recruited is utterly worthless; wherefore we are pressed by necessity to depend upon the Japanese."

Mistaken Identity

THERE strolled into our office recently an advertising canvasser for a local paper, that is running classified advertising for the purpose of bringing producer and consumer closer together; an excellent idea. Seeing the words "BRAIN AND Brawn" on the door, he came to the conclusion that we dealt in something like calves' brains and pickled pigs' flesh.

We are anxious to get in touch with the consumer, but not with that kind of products.

If you have any friends at a distance who might be interested in BRAIN AND Brawn send us a list of names and addresses, and we will mail sample copies to them. P.S. Do it now.

Meatless Menus—Lentil Croquettes

SOAK two cups of lentils over night; wash; cook with one quart of water. When done rub through a fine sieve; add one egg, half a cup of bread crumbs, tablespoonful of chopped parsley, one green onion. Form into croquettes and fry in oil.

Lentils, of which the "red pottage" was composed for which Esau sold his birthright, like other members of the legume family, peas and beans, are highly nutritious. The drawback to lentils is that there is so much hull, which is irritating to tender stomachs. When I was a boy in England, a widely advertised popular, palatable and nutritious food was "Revalenta Arabica." It was hulled lentil flour. I do not see it advertised any more in English journals.

Rubbing off the hulls is some work. If you please you may, for lentils, substitute beans or split peas. Also, you may season to taste, and prepare a sauce to suit yourself.

Land Ownership

TERRAZAS is said to have "owned" 28,000,000 acres of land, and he and his family "owned" almost the entire state of Chihuahua and everything in it, including cities, banks, mines, factories and two million head of live stock. Almost the entire laboring population of the state was peoned to the Terrazas family of feudal lords. That is the only explanation of the revolution that anyone need look for. Also it reduces the idea of private property in land to an absurdity. If an individual can "own" half a state, he may own a whole state, a whole federation of states, or the entire surface of the earth, and no other human being may occupy standing room upon it except at his pleasure and on condition of paying tribute to him. That is the inexorable logic of the land problem.—Allen Kelly, in West Coast Magazine.

The "Holy Sacrament of Matrimony"

A QUARTETTE of San Francisco boys and girls, aged from sixteen to nineteen, eloped, and were married in a neighboring town. One of the girls was a daughter of a high state official. Here is the way the two girls are reported to have commented upon the affair:

"I don't consider that I'm married at all," said Mrs. Connischonn. "I'd have gone to a fishing party just as willingly and thought the consequences no more serious. It was just a lark. I went along feeling that I was making up the party."

"I like him, but I'm not crazy about him. It will be just a joke," said Mrs. Rohr.

Comment on this comment is superfluous.

A Valuable Book

BR. FOOTE'S Home Encyclopedia of Popular Medicine and Social Science is a library in itself, containing 1246 pages, profusely illustrated. About half is devoted to most interesting, original and valuable articles on marriage and sex relations. It gives facts many have never dreamt of. None should marry without reading this book. It may be ordered through the Naturopathic Publishing Company; price \$2 by mail.

The Printed Page

[Address books for review to Harry Ellington Brook, 2129 Elsinore Avenue, Los Angeles.]

CHIROPRACTIC; Other Drugless Treating Methods, with Criticism of the Practice of Medicine; Dr. R. E. McNamara; published by the author, Universal Chiropractic College, Davenport, Ia.; 400 pp.; price \$4.00 by mail.

The title of this book is a misnomer, for it contains comparatively little about chiropractic. It is one of the best books on Nature Cure that I have read. The portion devoted to diet is specially sound and valuable.

The author has drawn liberally and intelligently on other sources. He gives a valuable food table from Dr. Lindlahr, of Chicago, that was published in BRAIN AND Brawn in February, 1913. He also gives interesting tables and drawings from Dr. Lane, on the diagnosis from the eye, the most accurate and simple method of diagnosing disease. The subjects discussed in the book are: food values, disease and the laws of cure, cancer, appendicitis, vaccination and smallpox, criticisms of political doctors, venereal disease, diagnosis from the eye, serums, the spine, chiropractic, germs, and urinalysis.

I cannot too highly praise this book. It is a text-book that should be read by all of those who desire to learn the truth about health and disease, about natural and unnatural methods of healing. It is handsomely printed and bound.

SUGAR AND SALT—FOODS OR POISONS; Axel Emil Gibson, D.O.; published by the author, 519 Chamber of Commerce Bldg.; price \$1.20.

For one of foreign birth, Dr. Gibson has a great command of the English language. He writes in scholarly style. This is his latest work. On the outer cover I read the following outline:

"Notwithstanding its thorough scientific character, Dr. Gibson's book reads like a story. . . . It forms one of the latest chapters in the romance of science. The author shows, on a purely scientific basis, that sugar and salt are not always foes to human nature, but, under certain conditions, when knowingly, applied, may become life-saving agencies."

Dr. Gibson consequently takes a middle ground regarding these substances. As my readers know, I do not. I maintain that the sugar of commerce—concentrated refined white cane sugar—is, under all conditions, an unwholesome, starvation food, and a prolific cause of disease. In countries where the sugar consumption is high, the prevalence of consumption is also high. I said my say on sugar in the September number.

On reading the book I find the author adduces far more arguments against sugar than for it. In one place he recommends sugar to mix with fruit when the natural sugar is deficient. For this purpose I would far prefer to use honey.

As to salt, I maintain that it is a mineral poison. Like other inorganic salts, it cannot be utilized by the system, but is thrown out, at much expense to the kidneys and skin. Also, that all the chlorine and sodium we need we can get in a natural way—the only form in which it can be utilized—from foods containing chlorine and sodium, especially raw green stuff. Dr. Gibson's arguments in favor of salt are mainly from a medicinal viewpoint.

This book is a valuable contribution to the literature of diet, on which subject so much that is superficial and false is offered to a long-suffering public. It contains a portrait of the author.

Vox Populi

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

REGISTRATION OF BIRTHS.

I wish to urge the necessity for more prompt and efficient registration of births. Thousands of children are born annually in this country, and are recorded neither at birth nor at death, which in more than one-fifth of the cases occurs during the first year of life. It is said that in Los Angeles not a dozen Russian children are registered. On the other hand, the Japs, as soon as a child is born, rush to the City Hall and apply for "citizenship papers."

The main reasons demanding the registration of births and deaths may be given as follows: (1) Knowledge of the movement of population. (2) Protection of the lives and health of the people. (3) Protection of the rights of the individual and of the community.—George B. Abbott, M.D., N.D., D.C., 712 Union Oil Bldg., Los Angeles.

A WONDERFUL HEAD.

An expert phrenologist from P. S. Fowlers', of New York, Melbourne and London, says he has never seen such an extraordinary man like me, with such large conscientiousness, benevolence, human nature, and comparison. He says I am the richest man in America. My head is 23 inches round, and larger on top half a story. I am pure bred to the line.—Benjamin Judkins, San Diego.

A MONTECITO MISSIONARY.

As the year passes I hope to do a bit of missionary work with the small amount I enclose—\$5.25. I wish it were ten times, yes 100 times, as large, to aid in spreading the gospel of right-living, to say nothing of thinking. Kindly send BRAIN AND Brawn to those on the enclosed list.—John S. Driver, Ako-Kama, Montecito, Cal.

ANOTHER WHO LIKES TO THINK.

Enclosed please find one dollar for renewal of subscription to BRAIN AND Brawn. I do not want to miss a number. I like it very much. It makes a person think.—Mrs. C. Reich, 145 S. Alta St., Los Angeles.

TOO MANY ORDERS.

I had intended to write you in my last letter my opinion of BRAIN AND Brawn as an advertising medium. I have already received orders, enclosing 25c, for my booklet "The Last Word on Dietetics," from several foreign countries. Please inform your readers that it is now a supplement to the book "Common Sense Diet," and that I cannot separate it. There is no extra charge for the 63-page supplement, when ordered with the 115-page book at \$1.10, postpaid. I wish you would head off these numerous orders, as it seems that BRAIN AND Brawn is kept for reference, which keeps its contents alive and active. Send me some more of your little circulars and I will place them where they will do good.—Prof. B. H. Jones, 516 Federal St., Pittsburg.

Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

OLIVE OIL.

R. T. L.—Olive oil should be used in great moderation, when taken "straight." The same is true of all "free fats," or oils extracted from their source. Some seem to think that big doses of olive oil are "good for" the liver. On the other hand, all fats burden the liver. Oil should always be beaten into an emulsion, and made into a simple mayonnaise. Then it may, with advantage, be used liberally, not only on salads, but on all foods, and even in soups.

NEURALGIA.

J. S.—Neuralgia arises from inflammation of the stomach, from which nerves run up toward the side of the face. Take a fast of several days, and clean out the bowels thoroughly by means of an enema. After that, begin to eat reasonably, and you will not suffer from neuralgia.

WHITE AND RED WINES.

N. T. B.—Red wine, as claret, or Burgundy, contains tannin, and, therefore, to some extent acts upon the stomach like tea. White wine, as Riesling or Sauterne, tends to create nervousness. So there you are. Fortified sweet wines are the most injurious form of alcohol, and less desirable than pure whisky. Yet one often sees men trying to break themselves of whisky by drinking port wine, which contains nearly as much alcohol.

TOMATOES.

L. B.—Tomatoes are a strong medicinal food. They are especially valuable where the liver is congested. To get the best effects they should be eaten on an empty stomach. You may make a combination salad of them, with young onions and lettuce. In the early days, when tomatoes were still known as "love apples," a foolish superstition was circulated to the effect that they caused cancer. And one may still occasionally see that yarn repeated, like the story that eucalyptus leaves will keep flies away. Eat tomatoes freely, but like other acid fruits, they should never be eaten at the same time as starch foods, or they will cause trouble.

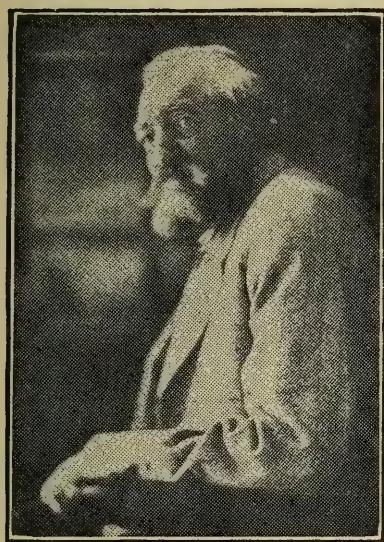
Have You a Friend?

WHAT more appropriate and useful souvenir could you buy him, for a dollar, than a subscription to BRAIN AND Brawn? It will remind him of you every month, for a year, and it will do him good.

Or, perhaps, you are so fortunate as to have six friends. In that case you may present each with a year's subscription for five dollars. Send us the "dough" and we will do the rest.

BRAIN AND Brawn, Chamber of Commerce Building,
Los Angeles.

Dietetic Advice by Mail



AS editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of BRAIN AND BRAWN, it has been my privilege to give dietetic and other advice by mail to hundreds of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydropathy are valuable, and sometimes indispensable means of aiding nature. Any

honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. "As a man eateth so is he."

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

I also include advice regarding breathing, exercise, bathing, care of the bowels, etc.

Among chronic ailments that yield readily to this method are Constipation, Dyspepsia, Asthma, Rheumatism, Consumption (in earlier stages), Nervous Prostration, Liver and Kidney diseases.

I perform no miracles. Nature alone cures. All I do is to point out the way.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of dietetic home treatment. Mail Address, P. O. Box 612, Los Angeles, California.

Harry Ellington Brook n.d.

(Authorized Announcement)

What's Your Business?

If charity begins at home, and everybody agrees that it should, why should not education begin at home?

That is, why should not everyone first fortify himself or herself against calling on other people for help unnecessarily in the matter of knowledge of one's self.

The greatest mind of a great epoch of history gave the world a classic epigram in two words:

"Know thyself."

And another great mind of a great period of history stated a truth so concisely that it will never cease to be quoted:

"The greatest study of mankind is man."

There are fellows in striped sweaters who may think this epigram pointless, but let a pain once strike them a good solar plexus blow and they will begin to sit up and take notice of the value of a knowledge of one's self.

One of the graduate Osteopathic physicians connected with the Los Angeles College of Osteopathy, treats from seventeen to twenty members of the League Baseball teams playing here throughout the season. He adjusts the structures to normal relation, just as the mechanician of Teddy Tetzlaff's racing car knows every detail of the mechanism, and is able to promptly and accurately adjust it.

An ambitious young fellow driving a car will not be satisfied until he knows its inner works from radiator to differential; knows what an abnormal sound or wobble means and is able to correct it.

Yet 99 out of 100 of these young fellows are content to remain in ignorance of the details of the human machine they are put on earth to operate, and must trust to the guess which results from an exceedingly casual examination of the average physician.

What is life worth without a good "machine" to run? What is the greatest study for any ambitious or energetic young man or woman? The human body.

Skill and knowledge in this direction will never go out of style until sickness and disease depart from the world.

Osteopathy embraces every study of the best medical colleges and as much of it.

Los Angeles College of Osteopathy is the greatest medical college of any system of practice in the western two-thirds of the United States. It is larger and has more students in attendance than the ten medical colleges of the west coast added together. It has a superior social atmosphere. Get acquainted. Call or drop a card now for a 1914 catalogue and illustrated booklet.

LOS ANGELES COLLEGE OF OSTEOPATHY

321 South Hill Street

Drugless Healers

[Brief items of interest for this department, such as changes of address, firms, etc., are solicited. They should be received by the fifteenth of the month. Address letters to the editor.]

The regular monthly meeting of the Association of Naturopathic Physicians of California was held on Tuesday evening, February 10, at the office of BRAIN AND Brawn. Questions relating to the "good of the order" were discussed.

Following is an extract from a circular sent out to members of the Naturopathic Association, by the secretary, Dr. August Greth:

"The Naturopathic Association is organized and upheld for the benefit of its members, and its purpose is, as you well know, the elevation of the professional standard of Naturopathy in California. Therefore, we sincerely urge you to regularly attend the meetings of the Association. * * *

"We desire to make a plea for BRAIN AND Brawn, our official organ, promulgating our principles and defending us. Each one should try to obtain at least one subscription per month for it."

So far, not one of the members of the Association has sent in a subscriber, since the suggestion was made to them last month.

N. B. Raider, D.C., read an interesting paper last month before the California Association of Chiropractors. In it he showed that chiropractic is based on the facts that nerve force controls function, and that abnormal function usually results from interference with nerve action, or nerve supply. He further made a plea for simple justice to all honest healers, urging that all systems of healing should be put upon the same basis.

The Business Office

A Los Angeles chiropractor recently made a break, and in consequence got booked for a long term. That is to say, he subscribed for BRAIN AND Brawn, paying ten years in advance. A good example for others to follow. Or better still, send a dozen names with your ten dollars, and we will mail the magazine for a year to each, with your compliments.

Physical Culture for Rupture



The venerable Doctor J. M. Peebles, known to the readers of Brain and Brawn, is pleased to make the following statement. "My experience with the ruptured during years of practice, and of late years by personal experience with a hernia, convinces me that trusses are not only uncomfortable, but wrong in principle, and to a large degree the real cause of rupture troubles. To Mr. John M. Benjamin belongs the credit for originality and real advancement in non-surgical rupture work."

MR. JOHN M. BENJAMIN, inventor and maker of the Natural Support principle, and instructor in physical culture exercises for rupture, entire second floor of 149 So Main Street, Los Angeles.

EUGENE C. DIEZ

438 Pearl St., New York

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ADENOIDS

Don't Cut—Let me absorb them, also Enlarged Tonsils, Glandular Formations, Goitres, etc.

DR. FRED'K J. COOK

9-12 and 1-4 224-5 EXCHANGE BLDG.
Broadway 849 3d and Hill Sts.

Need Any Money?

We want everywhere responsible agents—male or female, young, old or middle-aged—to act as subscription agents for this magazine. Liberal commission paid. You may break the eight-hour law every day, including Sunday, or you may work an hour once a week, just as you please. It is an easy and pleasant way of earning money, not like peddling, as the magazine practically sells itself—that is to say, among those who can think even a little. And while you are earning money you will be doing good, a rather rare combination.

Let us hear from you. You need not send any vaccination certificate.

Our Advertisers

[NOTE:—Only approved advertisements will be inserted in this magazine. No advertisements of drugs, fake remedies, or off-color doctors accepted at any price. This will keep out some people, but it will make advertising space of more value to those who come in. Any complaints about advertisers whose notices appear in these columns will receive immediate attention from the publisher. If desired, advertisements will be written by the editor without extra charge. Rates sent on application. Copy should be received not later than the 17th of the month.]

THE BOWELS AND TUBERCULOSIS.

Students of health are coming more and more to the conviction that auto-intoxication, from filth in the bowels, is one of the main causes of disease. J. H. L. Eager, of the Eager Colon Cleanser Co., has written an interesting leaflet, showing the importance of colon flushing, as a means of curing tuberculosis.

SEEDS THAT WILL GROW.

Now is the time to plant seeds. Be sure you get seeds that will grow. You will be all right if you deal with the Los Angeles Seed Co., 115 S. San Pedro St. It happens that one of the partners is a son and namesake of mine.

EUGENE CHRISTIAN.

Eugene Christian, who advertises in BRAIN AND Brawn, was made a subject of dastardly persecution and prosecution by the Medical Trust of that state. They did not, however, get the best of him.

A GOOD BOOK ON DIET.

“Common Sense Diet,” by Prof. B. H. Jones, of Pittsburgh, recently published, is one of the most practical and useful books on the subject that I have read. The author is not a mere theorist, but writes from experience. Scientific publications and students have highly praised this book.

HEALTH FOODS.

Have you tried Van Houten’s two health foods? I use them myself. They are good.

A WIDE-AWAKE COLLEGE.

The Los Angeles School of Osteopathy recently began a new term. They matriculated forty beginners and ten post-graduates. One male student came



Seven-Grain Products
contain the
ENTIRE GRAINS
of 7 Cereals

THE HEALTH FOOD THAT TASTES GOOD

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SEVEN GRAIN FOOD CO.
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WE SELL ONLY
Seeds That Will Grow

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“DIAGNOSIS FROM THE SPINE”

is the book you will need if engaged in Drugless Healing. It is a thorough and complete system within itself. Price, postpaid \$5.00.

PROF. B. H. JONES
516 FEDERAL ST.. PITTSBURGH, PA.

The Intervertebral Foramen

By Dr. HAROLD SWANBERG

Just off the press. The only scientific book on this subject. A work everyone interested in spinal manipulation should have. Illustrated by 16 beautiful full-page plates. Descriptive circular free. Bound in silk cloth. Price \$3.00 post paid.

Chicago Scientific Publishing Co.,
S. W. Cor. Grace and Osgood Sts., Chicago, Ill.

Premature Senility

getting old, feeling shaky, calcination of arteries. Most maladies, especially those of the digestive apparatus, nervous diseases, constipation, diabetes, Bright's disease, etc., are due to poison producing microbes is Prof. Metchnikoff's doctrine. Yoghurt destroys these harmful microbes, rejuvenates, prolongs life, restores health, vitality and beauty. Free particulars. YOGHURT CO., R. 2, Cloverdale (21) B. C., Canada.

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DR. C. E. MARKEY
DENTIST

General Practice, giving special attention to Treatment of Inflamed Gums; Pyorrhea (loose teeth) and the thorough cleaning of the teeth.

214 Boston Bldg.
(35 N. Raymond Ave.)

Pasadena, Cal.

from Canada, and one woman cabled that she was on the way from New Zealand to take the course.

INTERESTING LECTURES.

Dr. George W. Carey, teacher of biochemistry, and Dr. J. Harvey Moore, will lecture weekly at 601 Bumiller Building. They are worth hearing. Dr. Moore is an eye and nerve specialist.

NAPRAPATHY.

I acknowledge receipt of a programme of the Sixth Annual Commencement of the Chicago College of Naprapathy, on Saturday evening, January 31.

A PEDESTRIAN FAMILY.

John M. Benjamin, rupture specialist, is also a physical culture expert. He and his family of five take a daily tramp into the hills beyond Hollywood. They are good examples of practicing what he preaches.

BACK TO NATURE.

Tell Berggren, in his well-appointed open air health home and gymnasium, at Coronado, near San Diego, makes a specialty of light and air baths. It is a shame that this efficient method of aiding nature should be so much neglected in a climate like that of Southern California. Dr. Berggren is an enthusiastic exponent of the natural life.

THE NATURE CURE IN CHICAGO.

Dr. Lindlahr, of Chicago, has a sanatorium for Nature Cure and osteopathy that is known all over the United States. He made a special study of food chemistry in Germany, and his system of natural dietetics has been eminently successful. Write for prospectus of the Lindlahr college.

SEVEN GRAIN FOOD.

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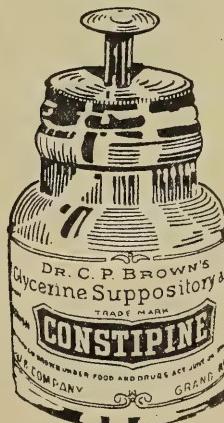
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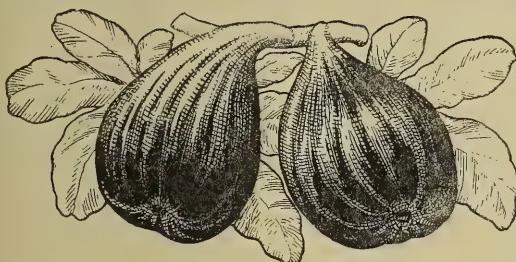
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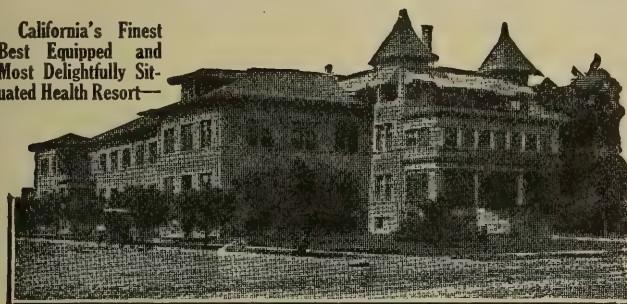
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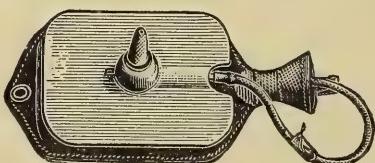
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Cure, or drugless method of healing disease, including such natural aids to nature as diet, exercise, fresh air, spinal manipulation (osteopathy, chiropractic, etc.), massage, hydropathy, and mental suggestion.

The combating of medical errors and crimes, such as the poisoning of the blood with filthy animal virus, the absurd exaggerations of the germ theory, the suppression of symptoms instead of removing the cause of disease, the scaring of the people with false ideas in regard to infection and useless quarantines, drugging, vivisection, and unnecessary surgical operations.

Medical as well as religious and political freedom. The right of every man to choose his own physician as he chooses his own priest—or goes without one.

Education of the people in regard to the laws of health, and the cause of disease, especially in regard to diet.

Advocacy of pure food, and descriptions of adulterations.

Exposure of heartless and scoundrelly quacks, both "regular" and irregular, who prey upon the sufferings of poor humanity, not even attempting to cure diseases they are powerless to cure, so long as the victim has money.

Information regarding fake remedies that never have, could or would cure disease, but only serve to deplete the purse of the patient.

Eugenics, or the right of a woman to control her own body—to say when and under what conditions she shall conceive—and the right of the child to be well born.

The humane treatment of children and animals.

The establishment of universal peace, with honor.

The "back to the land" idea, showing the advantages of a "little land well tilled," to furnish small productive homes to those now dependent on precarious wages in our congested cities.

The simple life and the uplift of humanity.

Our health platform is as follows:

1. Disease is an effort of nature to remove poisonous or morbid matter from the system, and to restore normal conditions.

2. Drugs taken into the stomach, and filthy animal matter injected into the blood interfere with these healing processes of nature, suppressing symptoms of disease, while never effecting a cure.

3. The germ theory is a superstition. Germs are not the cause but an effect of disease, just as maggots are not the cause of rotting meat. Many germs are not only harmless, but are beneficial and necessary. At any time you may find in the throats of many people who will never get those diseases, the germs of diphtheria, cholera, tuberculosis, and other so-called "infectious" diseases.

4. There is no such thing as "infection" or "contagion," as generally understood. Skin diseases or blood diseases may be passed from one person to another by direct contact, where there is an abrasion of the skin. Therefore, all quarantine is useless annoyance.

5. There are no superfluous organs. A great majority of surgical operations performed now-a-days are not only unnecessary, but dangerous and harmful, and should be forbidden by law.

6. There are rational means of aiding nature to purify the system and restore health. Among these are diet, fasting, active and passive exercise, hydrotherapy, the adjustment of the spine, (osteopathy, chiropractic, etc.), deep breathing of fresh air, sun and air baths, rest, sleep and mental suggestion.

7. Next to air, food is the most vital of all subjects relating to the care of the body. Food is the material of which the body is formed. You cannot make a good suit of clothes out of bad wool. As a man eateth so is he.

An Old Man at Fifty —A Young Man at Seventy

The Remarkable Story of Sanford Bennett, a San Francisco Business Man,
Who Has Solved the Problem of Perpetual Youth

By C. E. PAGE, M. D.

Author of "Natural Cure for Consumption," "How to Feed the Baby, etc.

THERE is no longer any occasion to go hunting for the Spring of Eternal Youth. What Ponce de Leon failed to discover in his world famous mission, ages ago, has been brought to light right here in staid, prosaic America, by Sanford Bennett, a San Francisco business man. He can prove it, too, right in his own person.

At 50 he was partially bald. Today he has a thick head of hair, although it is white. At 50 his eyes were weak. Today they are as strong as when he was a child. At

50 he was a w o r n - o u t, broken-down, decrepit old man. Today he is in perfect health, a good deal of an athlete and as young as the average man of 35.

All this he has accomplished by some very simple and gentle exercises which he practices for about ten minutes before arising in the morning. Yes, the exercises are taken in bed, peculiar as this may seem.

As Mr. Bennett explains, his case was not one of preserving good health, but one of rejuvenating a weak middle-aged body into a robust old one, and he says what he has accomplished, anyone can accomplish by the application of the same methods, and so it would seem. All of which puts the Dr. Osler theory to shame.

I haven't room in this article to go into a lengthy description of Mr. Bennett's methods for the restoration of youth and the prevention of old age. All of this he tells himself in a book which he has written, entitled "Old

Age—Its Cause and Prevention." This book is a complete history of himself and his experiences, and contains complete instructions for those who wish to put his health and youth-building methods to their own use. It is a wonderful book. It is a book that every man and woman who is desirous of remaining young after passing the fiftieth, sixtieth, seventieth, and as Mr. Bennett firmly believes, the one hundredth milestone of life, should read.

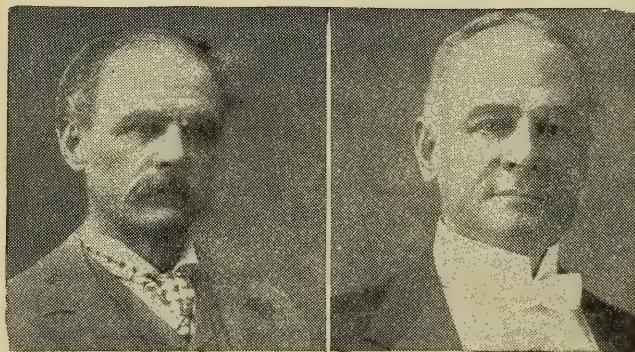
For the purpose of spreading broadcast the methods of promoting health and longevity developed by Mr. Bennett an interesting eight-page booklet which is, in effect, a summary of his system, has been prepared by the publishers of Mr. Bennett's interesting book—the

Physical Culture Publishing Company, 4002 Flatiron Building, New York City.

This booklet they will send free to anyone sufficiently interested to write for it.

The grandest thing in the world is Youth, and it is one of the really great hardships of life that "its beauteous morn" should pass so swiftly and give place to old age.

For having solved the problem of perpetual youth during life, the world owes Sanford Bennett a vote of thanks. Of course there are those who will scoff at the idea, but the real wise men and women among those who hear of Sanford Bennett and his return to youth, will most certainly investigate further, and at least acquire a knowledge of his methods.



Sanford Bennett
at 50

Sanford Bennett
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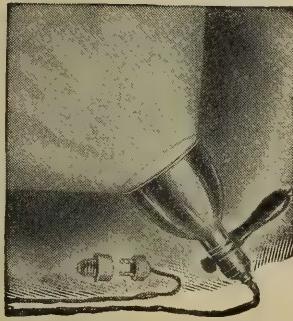
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Brain and Brawn

APRIL, 1914

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You Can Perfect Your Figure

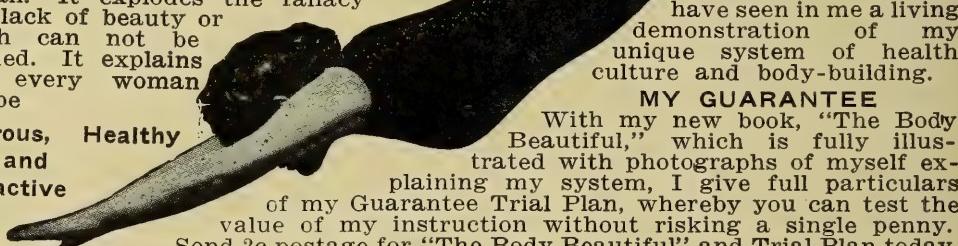
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ANNETTE KELLERMANN, Suite 101 B, 12 W. 31st St., New York

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Vol. II

LOS ANGELES, APRIL, 1914

No. 11

Starvation Food

J EXTRACT following from an article in a "Sunday Sup:"

"It is a strange fact that certain foods, and often only certain parts of these, contain substances in such minute quantities that they have not yet been discovered, but that have been proved to be essential to health. For example, Dr. Eykman discovered that beri-beri attacked only those who ate polished rice—that is, rice from which the outer skin or pericarp had been rubbed; and that the addition of this pericarp to the diet effected a cure. And in the case of scurvy it has long been shown that it was due to the absence of some essential constituent of food. What this may be has not yet been discovered, but it is known that in the case of sailors scurvy is cured by the addition of fresh fruits and vegetables to the diet. In the case of children who develop what is called 'acute infantile scurvy' there is little doubt that the cause is to be found in the artificial treatment of their milk, which destroys something in it that is necessary to their health.

"What these substances without which we cannot live long may be, none yet knows. The various factors that are common to such diverse foods as milk, lemons and cabbage have been isolated and eliminated from among the possibilities. One thing alone is certain: These essentials to life are in very minute quantities and are extremely unstable in character."

The writer of the above reflects the gross prevailing ignorance on diet. The mysterious substances referred to are the twelve mineral elements found in the human body and in natural foods—the organic salts, regarding which I have written so much in the past fifteen years that some of my readers may think I am becoming tiresome. However, sooner or later the world will have to realize that this is one of the most important questions affecting the human race today. In February, 1913, I published a special article, containing a valuable table, showing the proportions of the various mineral elements contained in common foods. There are still a few of this number left. See list on a preceding page. As I showed, it is the absence, or partial absence, of these minerals in the organic form, together with the consumption of too much protein, that is the main cause of all disease, lessening the resisting power of the body, and starving the nervous system. This is specially bad for children in the growing stage, and explains most infantile diseases.

Millions of civilized people, while over-eating of what is called "nourishing" food, are chronically starved by the lack of these organic mineral elements. The minerals are removed in various ways—in the bolting of flour, in the refining of sugar, a peculiarly starvation food that is almost pure carbon, and in cooking vegetables, from which the water is discarded. When we notice how many people live mainly on white flour in various forms, sugar and tea, we should not be surprised that sickness abounds and perfect health is rare.

In cooking in the ordinary manner, not only are these organic elements changed into the inorganic form, or eliminated altogether,

but natural enzymes or digestive ferments are also destroyed. In another column I reproduce an interesting article on the subject of cooking. Some one has wittily said: "God sent us food, and the devil sent us cooks." It is a fact that cooking food now-a-days is mostly spoiling food.

The important mineral elements are most abundant in green leaves, stalks, and roots, especially lettuce, spinach, and cabbage. To get the benefit of the organic salts, these must be eaten raw. A wholesome, nourishing, nerve-feeding food can be made of "coldslaw," sprinkled over with ground nuts. After the green stuff, comes ripe fruit of all kinds. This shows the necessity of eating some raw food daily—not raw cereals, which are unwholesome, but raw fruits and salad plants. It is the lack of these mineral elements that leads people instinctively to eat two or three times as much as is necessary, thus promoting dyspepsia.

Even when one gets the natural food not spoiled in cooking, these foods now-a-days are often largely robbed of their mineral elements before they come to the table, by impoverishment of the soil. This is another branch of the subject to which I have above alluded, as one of the most important questions affecting society today.

Thirty years ago a German named Julius Hensel wrote a little book entitled "Bread From Stones." For years mankind has tacitly accepted the idea that fertilizing must be done with filth—animal, bird or human excrement, rotten bones, sewage, rotten anything, reinforced, to be sure, with such chemical matter as nitre, super-phosphates, lime, etc. Yet everyone knows that, despite all such matter put on the earth, the land is slowly but surely losing its fertility; that insect pests increase, and, what is not so well known, that the quality of the earth's products is deteriorating. Hensel saw what some day all the world will see, that plants require healthy food in order to flourish as much as man or beast does, and that sewage is not a healthy food.

In other words, the plants which feed naturally on inorganic minerals, as animals feed on organic minerals, are starved for the lack of these elements in worked out soils. This breaks down the resistance of the plants and trees, and renders them an easy prey to insect pests, just as human beings fed on a diet lacking in the organic minerals are an easy prey to bacteria of all kinds. Hensel found the ideal plant food in the primeval rocks, finely pulverized. Fed on such food, plants and trees become flourishing, and free from disease, yielding food to man that is rich in the mineral elements. To show the importance of this subject, it is only necessary to mention that an acre of wheat deprives the soil of 45 pounds of nitrogen, 23 pounds of phosphoric acid, and 30 pounds of potash. Again, potatoes raised on soil fertilized with manure show only 31.70 parts of mineral to the thousand, while potatoes from soil rich in minerals show 71.40 parts.

F. W. Dayton, of Owensmouth, who for many years has been a close student of these subjects, writes:

I am told by some of the best ranchmen that the average age of horses has been shortened from 25 years down to 10 by the effect of impoverishment of the land on which their feed is grown. Processes that shorten the lives of horses will shorten your life by the same methods.

This subject has been deeply studied in Germany, but woefully

neglected in America. It seems that among other trusts we have a fertilizer trust that opposes the introduction or sale of natural mineral fertilizers. A few months ago I received a letter from an official of a mineral fertilizer company in Boston, in which he said:

"We have not yet been able to extend our business into California, although we have agencies in Washington and Oregon. The fact is that John S. Burd, Director of Agriculture at Berkeley, California, has made a very unjust attempt to exclude all mineral fertilizers from the State, and he seems to be so given over to the present propaganda of using chemical stimulants that he has threatened to prosecute us if we ship any of our goods into the State. Just how much he would be sustained by public officials we do not know, but we have a product which violates no health or police regulations and is non-explosive, non-putrescent and odorless, at the same time giving far greater returns to growers who used it on crops than any other material.

"At the last session of your Legislature Mr. Burd, or someone closely in sympathy with him, introduced a bill providing that the Director of Agriculture should be given autocratic control in deciding what should and what should not be imported into the State as fertilizers. Before we had learned of this bill it had passed the House, and before we could reach Senators with our letters of protest it had passed the Senate, but as good luck would have it, we got our letter before the Governor before he had signed the bill, and we are glad to report that he did not sign it and the bill did not become a Law."

If to these evils of soil starvation, artificial elimination of organic salts, and unwholesome cooking we add a widespread adulteration with materials that improve the appearance while lessening the nutritive value of food—a practice that still goes on, despite the Pure Food Law—is it any wonder, as I have said, that the health of the people is being steadily undermined?—that an ever-increasing number suffer from nervous ailments? Surely my readers will agree with me that this is one of the most vital subjects affecting the human race.

Affirmations

THOSE good people who follow what is called "New Thought"—even a worse misnomer than Christian Science—are fond of affirmations-of-things-that-are-not. In fact, affirmations and "holding a thot"—always spelled like that—are their chief stock in trade.

It is foolish and futile to affirm that you are healthy and wealthy and happy, when you know that you are sick, and poor, and miserable. As I have said, I do not see how any one with a sense of humor can do this and look in the mirror without laughing at himself. On the other hand, it is well to affirm not that you are, but that you will be healthy, wealthy and happy, provided you follow up that affirmation by taking rational steps to secure what you desire, for there is scarcely any limit to what may be accomplished by determination and perseverance, backed by a strong will. Do not, however, permit yourself to be deluded into the belief that by taking "thot," new or old, you may either "add a cubit to your stature," or sit down and have things brought to you.

The diminutive chains of habit are seldom heavy enough to be felt till they are too strong to be broken.—Samuel Johnson.

Disposal of the Dead

ARECENT dispatch from Washington, D. C., stated that Dr. W. C. Woodward, health officer of the District of Columbia, has precipitated a sharp controversy on the question of cremation which is stirring church circles. Catholic and Protestant clergymen have taken up the matter and are denouncing as "pagan" such disposition of the dead. The controversy has reached the newspaper stage, and arguments for and against cremation are finding their way into print.

Cremation may be "pagan," but it is right. There are several "pagan" ideas, by the way, that Christians might with advantage adopt. Are these parsons, perhaps, afraid that when Gabriel blows his horn God will not be able to reunite their precious carcasses?

Cremation is the only sane and sanitary method of disposing of dead bodies, human or animal, just as it is the only sane method of disposing of garbage. When you come to that, what is a dead body but garbage, after all, except so far as sentiment is concerned? And as to sentiment, if you have ever seen a corpse exhumed, after it has been under ground a few months, you surely would never wish to think of the remains of a loved one as being in that horribly filthy condition, disgusting to two of the senses.

Again, the burying of thousands of decaying corpses in the back yard of a city is most unsanitary. The gases from buried corpses will rise to the surface through eight or ten feet of porous ground, just as coal gas will, and there is practically no limit to their power of escape.

Then those who believe in the germ theory of disease should consider the danger of epidemics from this source. Dr. F. Julius LeMoine, after fifty years' of practice, declared that buried bodies load the atmosphere and pollute the waters, not only with germs of putrefaction, but also with the specific germs of the disease from which death resulted. During an epidemic in New Orleans, in 1853, the mortality in the neighborhood of three large cemeteries was more than double that of any other part of the city. In 1828, Prof. Bianchi claimed to demonstrate that the reappearance of the plague at Modena was caused by excavations in ground where 300 years previous victims of the pestilence had been buried.

There is also the question of unnecessary expenses of funerals. More money is spent in America for funerals than for public school purposes. Poor people are often brought to the verge of ruin by extravagant charges for burying a beloved one, which in their hours of suffering and misery, they do not feel able or willing to dispute.

The custom of sending flowers to funerals has been so exaggerated as to become a real nuisance, so that one often reads now-a-days "No flowers." In the beginning friends would send a simple posy, or a wreath of evergreen, as was seemly and fitting. Now costly monstrosities in the shape of steamboats, locomotives, oil derricks, and other unromantic things, are piled up by the wagon load, soon to become ill smelling garbage. It would be far better for those who desire to show respect to the departed, to donate a small growing plant, that could be set over the grave when there is burial, or otherwise appropriately disposed of when the remains are cremated.

Last, but not least, cremation insures one against being buried alive, the most awful fate that the human mind can conceive. Scarcely a week passes in which we do not read of narrow escapes from premature burial, after the supposed deceased has been declared duly dead by an "ethical" physician. Yet a majority of the doctors actually have the hardihood to continue to declare that there is no such thing as premature burial, and to sneer at efforts made to avoid such a calamity. With all the achievements of what is called "medical science," the medical world cannot yet tell, for sure, when life has finally departed from the body, until after decomposition begins, and as in this country people are put under ground with indecent haste, there is seldom time for that to make itself manifest. Why do not some of our millionaires offer a prize for the solving of this problem, rather than rewarding those who put innocent animals to excruciating tortures, for no useful purpose whatever?

Wireless Disturbances

SIR OLIVER LODGE has suggested that a copper rod be placed around the earth, parallel to the equator, to correct present climatic vagaries, which he says are due to the waywardness of the magnetic poles.

Apropos of this subject, it seems to me that the immense and constantly increasing amount of electricity being generated and distributed over the surface of the earth for lighting, power, wireless telegraphy and other purposes, must necessarily have some effect on air and life. As confirming this suggestion, I read that since the coast has begun to be studded with wireless stations it has been observed that birds, especially seagulls and carrier pigeons, become confused, and lose their sense of direction.

Again, a French electrician, who has a wireless station outside of Paris, says that delicate apparatus belonging to the table where he receives messages was damaged when the Eiffel Tower and Rochefort stations were transmitting messages at the same time.

Marconi has shown that he can light a lamp by wireless electricity at a distance of six miles and in Italy torpedoes have been exploded at a distance of two miles by means of ultra violet rays.

When we consider that we are only on the threshold of the use of wireless telegraphy—that within a few years the atmosphere will be surcharged with electricity—it must be admitted that this is a subject worthy of serious investigation—if only to satisfy curiosity. I do not for a moment suppose that any amount of warning from scientists would check this chaining of the lightning. We have had the ages of stone, of bronze, of iron, and of gold. This is the age of electricity, in which the occidental races seem impelled to rush, hell-bent, to—Where? Let us hope they will not wind up like the swine that drowned themselves in that Judean lake.

There are only three ways of judging whether one has been really successful or not. First, what is the man himself; second, what do those who know him think about him, and, third, what has he done for others.—Governor Tener, of Pennsylvania.

Syphilis and Salvarsan

AFEW weeks ago, in the Los Angeles County Hospital eight men were inoculated for syphilis. Within twenty-four hours seven of them were dead. The eighth died ten days later. The serum used was Ehrlich's neo-salvarsan, or "914," a modification of "606," brought out about a year ago with a great flourish of trumpets. It is an arsenical compound. For centuries we have been told that mercury was a sure cure—in fact that mercury and quinine were the only two absolutely certain drugs.

This episode attracted attention because so many died at once. It is in line with the trend of modern medical practice, which includes hospital experiments with new fangled serums, and this not only in charity hospitals. In New York recently, a sensation was created by the inoculation of fifty children with a serious disease. The matter was taken up in Congress. These practices are arousing indignation in Europe, also, as you may see by an article on another page.

These serums are a commercial enterprise. Ehrlich's serums are manufactured by a firm in Frankfort, Germany. They are handled by brokers, some of whom sell at cut rates, and we hear of "inferior grades." Inferior grades of animal filth must be very bad, indeed. This Ehrlich serum is a secret formula. Physicians take it on the say-so of "authorities." They don't know just what it is composed of. Yet they loudly criticise the use of patent medicines.

This Ehrlich "soup" is one of the most violent and dangerous serums so far introduced. The Academy of Medicine of Paris has issued a warning against the use of neo-salvarsan. It has been described by a medical journal as "killing, curing or driving insane." Other medical journals have warned against its use, and cite instances of its dangerous effects. And with this dangerous stuff they experimented in the County Hospital by a new method. Ehrlich has not used this serum for a year. He is working on yet another variety, to be known as "Cupro" salvarsan, containing arsenic and copper. There will soon be as great a variety of Ehrlich serums as of Heinz's soups. Make money while the market is good.

The physician who administered this serum admits that he used a new method, not advised by Ehrlich, but claims that it was recommended by "authorities" in medical journals. The county coroner said he would hold no inquest, declaring that the "case was closed." Public opinion forced action. Then embalmed bodies were cut open, and the grand jury found that nobody was to blame.

Syphilis in the last century was known as "pox." Some now refer to it as the "unmentionable disease." Well, whether one mentions it or not, it is a disease that afflicts a large proportion of the human race. Some have got it by their own carelessness; others, innocently. For syphilis, as well as tobacco and potatoes, the world perhaps has to thank America. It is said to have been unknown in Europe until Columbus returned. Others deny this, pointing to descriptions by ancient writers of a disease that was evidently syphilis. The dangers of syphilis, like those of smallpox, have been grossly exaggerated by the medical fraternity. It is a comparatively simple blood disease to cure, in the early stages. The secondary and tertiary stages, with their horrible symptoms, are mainly the effects

of mercury, which is worse than the disease. When not complicated by mercury, it can readily be cured by natural methods. The average physician knows nothing of this, as he only sees the disease when complicated in this manner. Neither mercury nor any other drugs, or serums, have ever cured, or ever can cure. They merely temporarily suppress the outer symptoms, and drive the poison back into the blood. Then we must get rid of the mercury as well as the blood poisoning. The Ehrlich arsenical compounds are in other ways as dangerous as mercury.

The Turn of the Wheel

CAMINETTI, Commissioner General of Immigration, has been looking into the question of Hindu immigration on the Pacific Coast.

He says he is convinced that "scores, perhaps hundreds, have got in surreptitiously." It is added that he will probably recommend that an extensive Federal force be established on the northern and southern borders. This looks rather like gunning for mosquitoes with a gatling, but we must remember that there are about 250,000,000 of these people at home, and if only one in a thousand should come to California, they would swamp the State.

As you may see by their clear-cut, classical features, these Hindus are of the Aryan race, although my countrymen, the beef-eating and brandy and soda-guzzling Britishers of India, contemptuously refer to them as "niggers." Turn back the wheel of time twenty or thirty centuries. Then, while your ancestors and mine were roaming through the forests of Britain and Germany half clad in skins, the people of Hindustan had developed a high degree of civilization, with a great literature and a wonderful architecture. Maybe the wheel, in turning one day, may again place the Oriental on top. He has been vanquished by brute force, not by intellect. Since the beginning of history, all races, have gone through periods of development, ripening and fall.

In the Beginning

WHEN the believer wishes to clinch his argument with an infidel, he is apt to wind up with the assertion that it is as absurd to imagine a universe without a creator as to think of a watch not made by hands. This sounds plausible, yet it only gathers in one link of an endless chain. Granting the existence of a creator, we are still confronted by the child's unanswered question: "Who made God?"

The fact is that the human mind cannot nor ever will be able to grasp such problems as the beginning of all things, the duration of eternity, and unlimited space, because they are infinite, whereas the human mind is finite, and you can no more put an infinite problem into a finite mind than you can put a quart of water into a pint pot. Trying to do so is a common cause of insanity. All such speculations and discussions are a waste of time—and often of temper. They are as futile as the long-drawn-out dispute between Middle Age monks, as to how many angels could stand on the point of a needle.

The wise man is content to say: I do not know. He may hope, but hope is not knowledge.

Co-operative Colonies

THE question of employment is becoming ever more pressing, even in this great country of boundless resources. Hungry men are dangerous to society. If a man is starving he will take food where he can get it—and who shall blame him?

Government reports show that nine-tenths of the work of this country is now done by machinery. We are turning out immense quantities of luxuries. That is not, as some seem to think, a true indication of prosperity.

With many idle men on one hand there is much idle land on the other. Of 1,140,000,000 acres of tillable land in the United States, only twenty-seven per cent is actually under cultivation. The man who devises a practicable plan of bringing together idle men and idle land will deserve much more honor than he who gives millions to libraries, colleges or "medical research." The subject requires much thought, and the doing must be done judiciously.

As I said recently, now that the business has been overdone of selling houses that you can't afford to buy "just like rent," and of boosting stock in building security associations that are not secure, the next move of our enterprising Southern California subdividers promises to be a booming of the "little land" idea—"A Fortune on a Quarter of an Acre," and that sort of thing. Under proper conditions, this little country home movement is excellent and commendable, as indeed under proper conditions are city homes and building associations. One of the objects of this magazine is to encourage the "back to the land" idea. Under unwise conditions and exaggerated expectations induced by false statements, such enterprises lead to much disappointment and suffering. Do not permit mercenary men to beguile you with exaggerated promises.

To insure success on a small piece of land in California there must be, in the first place, plenty of water for irrigation. That is the main thing in this semi-arid region. The soil must be good, the location reasonably free of frost. The settler must have a knowledge of, or be able to adapt himself to, intensive farming. He must be industrious; willing to work, early and late. Like the Chinaman, he must see that another crop goes in when one comes out. He must be sure of a convenient and profitable market, for of what use to raise crops if you cannot sell them? After something has been paid down on the land there must be sufficient capital to make necessary improvements and buy supplies to live on for at least six months, or better, a year, until there is something to sell.

Under such conditions a thrifty, industrious, adaptable man of average health and strength may make a living for himself and family on one acre of well irrigated, intensively cultivated California land, although for one American who does so a score fail. When people are promised such results on a quarter of an acre of stony soil it is simply another case of getting money under false pretenses. Five acres should be the minimum, if a man has no other means of support. When I came to California in 1876, twenty acres was the regular size of lots in irrigated colonies. In that year I contracted to buy a twenty

acre piece in the Central California Colony of Fresno, the first of the raisin grape colonies of the San Joaquin Valley.

Intelligent co-operation may help much, not only socially but financially, if the management is efficient and diplomatic, and able to handle human nature as well as hay and hogs. Few co-operative colonies in America have been permanently successful, for the same reason that Socialism must remain more or less of a dream, namely that human nature is essentially selfish. Colonies bound together by religious enthusiasm—or fanaticism, as you may please to term it—are likely to last longer than others. Only in such cases has common ownership a chance of success. Otherwise each member must be free and independent, the co-operation being confined to means of securing mutual financial and social welfare, or there will surely be an early "bust up."

An interesting development along this line was the recent visit to Los Angeles for recruiting purposes of the founder of a Jewish agricultural colony in Utah.

There is much hard work and back-aching in irrigated intensive farming. It is quite different from raising grain or stock. Someone has said the reason Americans are not as a rule able to compete with Orientals in this line is that they cannot or will not "squat." There is, of course, no fortune to be expected from a one or even a five acre farm, but to the right man in the right place there is something better—an assured living, with freedom from the slavery of a job and the nightmare of poverty in old age and with healthful work in a climate where mere existence is a pleasure.

Since I came to California, nearly forty years ago, I have made a special study of the subject of practical land subdivision, in a manner that will benefit settler and subdivider alike. In later numbers I shall have more to say on the subject.

Life is too Short

LIFE is too short for the full attainment of highest purposes. The season is ended before the natural harvest is begun. In a life of fifty years, twenty of it are spent in sleep. The first twenty-five years are simply preparatory—learning how to live. Five years out of fifty are spent in that famous occupation alleged by a French officer as his cause for suicide. On his prostrate form, whence the spirit(s) had fled, was a paper on which was written the reason for his weariness of life—he was tired of "buttoning and unbuttoning." Ten years out of fifty are consecrated to the nourishment of the inner man—the time for eating and drinking. Not that any of these duties are unpleasant—quite the contrary; yet, all the same, they consume the years, and how much time is left for the ripening of fruit, and contribution to the world? In the majority of human lives such time is never reached.—The Aristocracy of Health.

Just do things and don't talk about them. This is the great secret of success in all enterprises. Talk means discussion; discussion means irritation; irritation means opposition; and opposition means hindrance always, whether you are right or wrong.—Unidentified.

The Germ Superstition

NOT long ago I quoted from an article by Henry P. Loomis, M.D., of New York City, in the Medical Record of July 29, 1905, showing that the germ of tuberculosis does not appear in the sputum of a consumptive until about three and one-half months from the beginning of the disease. How, then, can the germ be the cause of tuberculosis?

Again; how is it that we find in the throats of many children who have never had diphtheria, and probably never will have it, the diphtheria bacillus? Also one may almost always find at some time germs of typhoid, tuberculosis, pneumonia, etc., in healthy subjects. If germs are the cause of disease, why do these people not become afflicted with the various diseases of which they carry germs?

As I have said, if these germs were one-hundredth part as deadly as the medical fraternity would have us believe, then the entire human race would have been wiped out of existence ages ago, for germs are omnipresent—in the food we eat, in the water we drink, in the air we breathe, in the soil, on our money and clothing. It was recently estimated that a dollar bill had ninety-two billion germs on it. How utterly preposterous it is, therefore, to attempt to quarantine against these infinitesimal organisms.

Unable to explain these conundrums, the medical profession has now taken upon the absurd theory of "healthy disease carriers." Such people, we are told, should be isolated. One woman in New York was imprisoned for two years. I ask you, candidly, is it possible for medical absurdity and tyranny to go any further than this?

Germs are not the cause, but a consequence of disease, as maggots are a consequence of decaying meat. The belief in germs as the cause of disease is worthy of the Middle Ages. Medically inspired fear of microbes has taken the place of medieval fear of hell fire. It is, however worse than a superstition. It is a crime, because it leads to the poisoning of the blood of the people with filthy animal serums, in consequence of which there is an alarming increase of cancer, and other deadly diseases. Already a number of broad-minded medical men are uttering warnings against this dangerous folly. A generation hence people will look back with incredulity and disgust at the prevalence of this superstition, in the opening years of the twentieth century. By that time, however, incalculable harm will have been inflicted on the human race.

The Mystery of Birth

YOUNG scientists are inclined to be arrogant, and to think they know it all. As they grow older—if they are not altogether hopeless, but are able to think—they begin to find out how little they really know, like Sir Isaac Newton, who, on his death bed, when congratulated by a student on his attainments, replied: "I feel like a child picking up shells on the shore of the Ocean of Knowledge."

There are many things that science cannot explain. Take, for instance, the mystery of birth. Many attempts have been made to control sex, but all of them have been failures. Of course, a scientist ex-

perimenting along this line is quite likely to hit it right about half the time, or perhaps a little more often, just as a man may make a temporary winning at Monte Carlo, for if a child is not male, it is almost sure to be female.

Australia's first white settlers were convicts, that land being used by Great Britain as a penal settlement. When they were not hanged, these miserable wretches were transported in "hell ships," for the theft of anything worth more than five shillings. Some of those who did not die on the way, from flogging, or disease, or foul air, became the ancestors of members of the present Australian "Four Hundred." In those days women were even more scarce in the Antipodes than they were in California in the days of '49. Historians tell us that of the children born in Australia at that time, a great majority were female. On the other hand, in Paris, during the siege of 1870, when French soldiers were being mowed down by German guns, nearly all the children born were boys. You will find that the same thing happens after every great war.

Now, Mr. Scientist, how do you explain this?

Too Much Talk

JN a newly organized club somewhere in Moscow, Russia, a rule of absolute silence is enforced. In the reading room of my club, in Los Angeles, hang signs on which are inscribed "Silence," but they are not always respected. The idea is a good one. We occidentals talk altogether too much. In this respect Americans are almost as bad as Frenchmen. With us it is a continuous gabfest. No dinner is possible without a lot of more or less speechifying, causing the speakers—except the hardened ones—to become nervous before, and the listeners bored, after eating. When two men or women meet they feel embarrassed if for a moment the talk ceases. As I said recently, a constant giggle is a sure sign of an empty brain. A toy terrier makes much more noise than a St. Bernard.

There are some monks and nuns who take vows of eternal silence. That is another foolish extreme. Surely there may be a happy medium between silence in a cell and "coon shouting" in a cabaret. One of the favorite slang phrases of the New Thoughters is "going into the Silence." It is a good idea to get by yourself once a day for ten or fifteen minutes, in a quiet place—if you can find one.

Constant talking exhausts the vitality. Meaningless society phrases are an unnecessary tax on the nervous system. Constant talking prevents one from thinking. Some cannot, or will not, think. They are lost and miserable without some one to talk to. You, my reader, I presume are not one of these.

Talk less and think more. Do not "make talk." Talk when you have something to say.

A witty Frenchwoman said: "If youth only knew; if age only could," and a dramatic critic has written of Juliet: "This is a role no actress can master until she is too old to look the part."

Briefs

The French are angry because America bars egret plumes. Let them stay angry.

France has one saloon for 80 people; in some districts one for 17.

Washington women are eating lemons "straight" to reduce obesity. Bad practice. Lemon juice should always be diluted.

Wealthy American residents of London say they will renounce American citizenship unless the income tax is modified. Good riddance to bad rubbish.

A leading French physician has proved that the appendix is a necessary organ. I have been saying that for 20 years.

During six years, less than 10 per cent. of prisoners paroled from the Wisconsin State Penitentiary have broken their word.

An advertising firm offered the New York City Railroad Company \$14,000,000 for a 15 years' franchise.

Out of 145 controversies investigated by the Massachusetts State Board of Conciliation, in 1913, strikes were averted in 128 cases.

A Russian is not of age until he is 26 years old. Until that time, at least four-fifths of his earnings must go to his parents.

Only 15 per cent. of the employees in the bituminous coal mines of Pennsylvania are native Americans, or born of native fathers.

Baron d'Estournelles says that if the United States spreads out indefinitely, it will enfeeble itself and finish by disintegrating itself. Quite likely.

There is said to be \$316,000,000 invested in church property in the United States. Why not make better use of it?

Many lives must be lost in fire, drowning, or collision before we stage the one-act play: "Locking the Stable Door."

Mr. and Mrs. W. F. Triloff, of Sterling, Oklahoma, both almost 70, are reported parents of a baby boy.

Punching machines are causing nervous breakdowns in women operators. Too high a price may be paid for efficiency.

An Oregonian sent the U. S. Treasurer for the conscience fund 25c for a cancelled postage stamp he used 40 years ago. Slow conscience.

The city of London covers 638 acres, has 57 churches, and 20,000 resident population.

When I came to America, 40 years ago, it was an insult to tip a white man. Now they are offended if you don't.

One of the humors of the daily press is testimonials from "temperance workers" in favor of "medicinal whisky."

Babies are living longer and adults shorter, lives.

Some of the pictures of women in the society columns look like dentists' advertisements.

Caruso takes half an hour to cleanse his nostrils and throat before a performance, and then inhales the smoke of a cigarette.

Those who enter into Mexico now-a-days, or who remain there when they can get out, deserve no more sympathy than one who butts into family quarrels.

The Supreme Court says millers may bleach flour. Sensible people will not use such bad stuff.

Cowardice or courage is a physical quality. It depends on the size of a man's heart.

Moving pictures were formerly a craze. Now they have become a mania.

The trouble with the business of physicians, parsons and politicians is that people are beginning to think.

Good stenographers are scarce, and worth their price. Many "prominent citizens" are indebted to the stenographer who corrects their spelling and composition.

We are suffering from over-production of luxuries, and under-production of grub.

The British Government has built 40,000 model cottages in Ireland that rent, with half an acre, at 24c to 36c a week.

Vaudeville performances are now given in a Baptist church of Oakland, Cal. Elevation of the pulpit.

The president of the Board of Education of a New York town gave his hens doses of peroxide of hydrogen to produce white eggs. The hens died.

Laura Jean Libby asks: "Are girls more attractive in the evening than in the daytime?" Vital question.

There are probably not 500 people in Los Angeles who really enjoy classical music.

Billy Sunday, irreverent jawsmith, was sued in New York for \$25,000 damages for slander. I wonder he has not been sued before.

Dr. Charles Edward Locke, Los Angeles, says one may automobile on Sunday after church for one hour. Who does more is a "menace to the nation and to civilization."

Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

Vol. II

LOS ANGELES, APRIL, 1914

No. 11

Learning to Think

WHEN I told a friend that I was going to start a magazine for those who think, he endeavored to discourage me, pointing out the saying of Ruskin, that for every hundred who can read, there is only one who can think. I replied that this would give me a possible million subscribers in the United States, or many more than I ever expect to get.

The result, so far, has proved that I was right. People are learning to think. For centuries it has been the custom to pay priests, scholars, and physicians to do the thinking. Now people are beginning to think for themselves on religion, politics, sociology, health, and other subjects, much to the disgust and alarm of those who fatten on public ignorance—those whose favorite motto is: "The people be damned."

I find people anxious to think, if they are given something worth while to think about. They are tired of sloppy mental mush and wind pudding. They want something to chew. Being inexperienced in thinking for themselves, they will, of course, make mistakes, but they will find their way.

I care not how many differ from me, so long as they think. Think for yourself. Do not take anything for granted. As I have previously suggested, do not believe anything, or disbelieve anything, because that has been believed or disbelieved by your parents and grandparents, and is today by nearly everybody around you. Take, for instance, religion. How many of those who profess religious faiths are Catholics, or Presbyterians, or Baptists, from conviction but rather simply because their parents trained them that way? This is not creditable to the intelligence. As the Apostle says, you should prove all things and hold fast to that which is true. Use your brains. That is what they were given you for.

So far we have only been tinkering at social evils. Some day, before long, a thorough renovation of the social fabric will be undertaken; and then our stand-pat friends will look back longingly to these conservative days.

The State Medical Law

TWO weeks ago, in the case of an irregular physician practicing without a license, a Los Angeles police judge ruled that the State medical law passed by the last Legislature is unconstitutional, because the title does not express or indicate the text of the act. Should this ruling be maintained, it will let down the bars now regulating medical practice in California.

Apart from the question of medical practice, it is regrettable and intolerable that laws should be dependent upon small technicalities.

As I have often said, practitioners of all schools of medicine should be permitted to practice, provided they are competent to practice what they preach, and that their methods are not harmful. This last named provision would by the way bar out those who inject animal filth into the blood, and perform unnecessary surgical operations. Quacks and pretenders of all schools should be sternly suppressed, for the people are woefully ignorant in regard to the care of the body, and must be protected from knaves and fools. Otherwise there should be medical as well as religious freedom.

Starving the Nerves

IN this number you may read some facts about food that will be new and perhaps strange to most of you. You will see that millions are starving their nerves while over-eating. The soil is starved by lack of the mineral elements, the products of the soil are thus deprived of much of their most important nutritive qualities, and are then further emasculated by processing, such as the bolting of flour, and further by wasteful and unwholesome cooking. Thus one has to overburden the digestive organs with a great surplus of food in order to get the necessary amount of organic salts—and then does not get them.

This is a main cause of nervousness, lack of poise and physical and mental breakdown. It is the cause of diseases like beri-beri and leprosy. As I have said, it is one of the most important questions affecting mankind, yet how few think about it, or indeed know anything about it.

What a satire on our modern civilization that nations should spend every year hundreds of millions of dollars for the construction of big fighting machines that in a few years become junk.

Chickens are a frequent cause of neighborhood quarrels. Chickens belong in the country.

Wholesale Blood Poisoning

MORE and more frank and outspoken physicians—men who can afford to speak out—are denouncing the dangerous serum injecting fad, by which the blood of the people is being poisoned. Lieut. Col. Charles E. Woodruff, retired from the U. S. Army Medical Corps, is regarded as one of the greatest sanitary authorities in the world. He is the author of several interesting books on the effects of tropical heat and light on the white races. Regarding serums Dr. Woodruff recently said: “The whole theory of vaccinations and serums is wrong. It insures against catching one disease, only to make us doubly liable to catch others, particularly tuberculosis.” Dr. Woodruff is wrong in stating that these serums protect against disease. He might also have added that they have largely contributed to the spread of cancer.

Less than a century ago blood letting was the universal cure for all ailments. If a doctor was called to a fever patient and failed to bleed him, and if that patient died, the doctor could be arrested for manslaughter. George Washington was killed by bleeding. That was not nearly so dangerous as the present mania for injecting animal filth into the blood.

Before many years this irrational, absurd and dangerous practice will be as much derided as blood letting, and will be forbidden by law. We regulate the use of dynamite. We should also control the reckless use, by medical experimenters, of these dangerous blood poisons, that never can possibly cure, often kill, and induce other diseases.

The Weeping of the Children

DO ye hear the children weeping, O my brothers,
Ere the sorrow comes with years?

They are leaning their young heads against their mothers,
And that cannot stop their tears.

The young lambs are bleating in the meadows,

The young birds are chirping in the nest,

The young fawns are playing with the shadows,

The young flowers are blowing toward the west—

But the young, young children, O my brothers,

They are weeping bitterly!

They are weeping in the playtime of the others,

In the country of the free.—Elizabeth Barrett Browning.

Unselfishness is the most admirable trait in human nature.

The supreme greatness of America lies in its effort toward the settlement of all controversies of nations by peaceful methods.—Senator J. Hamilton Lewis.

Brunklets

Sunshine is the best disinfectant.

* * *

It is nobler and more useful to hoe beans than to paint a picture of a man hoeing beans.

* * *

Why is it that so many good people are bores, and so many bad people interesting?

* * *

It is surely well for a man to practice what he preaches, but failure to do so does not affect the truth or falsity of what he says.

* * *

Have you ever seen a small break in a levee? That is like the beginning of a habit. Watch the breaks.

* * *

Ask a smoker who does not chew, or a chewer who does not smoke, which is the worse habit.

* * *

When a man's sexual power begins to fail, he usually begins to over-eat.

* * *

A critic of the passing show has to guard against becoming a cynic.

* * *

Brilliant speaking or writing can never make up for earnest conviction.

* * *

It seems that while a code of morals is all right between individuals, it is sentimental foolishness between nations.

* * *

Sometimes I think people would be better off without a stomach, a liver, or a heart—just one long gut, like a "shitepoke."

* * *

Persons who drop orange or banana peal on the sidewalk should serve a term in the chain gang.

* * *

What the world calls success is hard to achieve by those who are burdened with a conscience.

* * *

It is a tedious job to sift the few grains of wheat from bushels of newspaper chaff.

* * *

Emerson said of the London Times: "No power in England is more felt, more feared, or more obeyed." Of what American papers can that be said?

* * *

Some women have a sixth sense. Some have none.

* * *

Some women don't wear decollete dresses because they think them improper; others because their "collar buttons" protrude too much.

* * *

Explanations after a prize fight, or an election are pitiful. Take your medicine like a man.

Healthful Cooking

If we are called a nation of dyspeptics it is not alone because we have formed the habit of bolting our food, but because of the prevalence of hired cooks and the frying pan. The frying pan and the hired cook usually go together, because frying is a quick, easy way to prepare foods that cannot be boiled. The boiling of food, vegetables, etc., as done by the average queen of the kitchen, is also bad business. The vegetables are pared hastily, the knife cutting deep, so that the succulent, nourishing part of the legume, immediately beneath the skin, is lost. There is further loss when the vegetable is soaked in cold water before cooking. Then, if the cooking is started in cold water another large percentage of protein, nitrogen, ash, starch and sugar is lost. There is much less loss if the vegetable is not allowed to soak before cooking, and is put to boil immediately in hot water. The water in which the vegetable has been boiled will be found, upon analysis, to contain a large percentage of the elements which the vegetable has lost. This is almost invariably thrown away, although there are a few cooks who unwittingly serve hygiene by pouring off the boiled-down liquid, and with flour, butter, a little milk and seasoning, preparing a dressing for the defrauded vegetable. * * * Now the natural salts and other elements contained in foods, particularly vegetables, are needed by the system. One of the causes of overeating is that the foods are cooked in such a way as to greatly diminish their nutritive value, and the system continues to crave the needed elements even after more bulk has been taken into the stomach than the gastric juices are able to act upon within the scheduled time. The result is indigestion, caused by fermentation of the food which too long remains in the stomach; and biliousness and constipation where overcrowding of the bowels interferes with peristaltic action.

In every kitchen the proper preparation of foods should be known, and they should be cooked in a way to conserve their nourishing qualities. Pan broiling and sauteing cause less loss than almost any other ordinary method. For boiling, vegetables should be washed quickly, then placed on the stove in boiling water without being relieved of their outer coats. When they are done, the skins may be removed, and they may be sliced, mashed, or served whole, with whatever dressing one may desire. They must not be allowed to stand in water after they have cooked soft; and they should not have a cover over them, at least not until they are all dressed and started for the table.

Paper bag roasting is excellent for conserving the nutrition in meat. The steams and vapors that escape from the meat are held inside of the bag, and caused to precipitate themselves again on the meat, to be absorbed by it. It will be found that there is less shrinkage in the bulk of a roast, cooked inside of a paper bag, than when cooked in the ordinary way. The various meats contain from 5 to 8 per cent. of soluble constituents, including ash compounds, albumen, the extractives creatin and creatinin, organic acids, glycogen-inosite, and other organic bodies.

The effect of the complex changes, caused by cooking, upon the nutritive efficiency of foods is not easy to measure. Any food, properly cooked, with a view to conserving its nutritive quality, will not be modified in its various nutrient compounds to the extent of radically changing the offices which it performs in building and maintaining the human body. It is wise, of course, to arrange a dietary so as to include plenty of such foods as do not need

cooking, fruits, lettuce, celery, etc., since these yield many of the elements which the system craves, unmodified in any degree.

Outside of these considerations is the influence of cookery upon digestibility. And this is where the frying pan does its damage. Fried food is almost invariably coated with grease, and often saturated with it. Fried food is usually unevenly cooked, hard, and inimical to the digestive secretion. And the atrocious habit of warming over food in a spider swimming with grease—as many women do for the noonday meal—coupled with the breakfast of half cooked or burnt-up bacon and blackened eggs, is sufficient to explain the prevalence of dyspepsia.

Let us have common sense, if not science, in our kitchen.—“The Cheerful Hygienist” in Los Angeles Times Illustrated Weekly.

Outrages on the Helpless Poor

AT last public opinion is awakening to the fact that hospital patients have rights. But no investigation into the outrages practiced upon the helpless poor will be of any service if the statements of the perpetrators themselves are to be accepted. They began by denying the charges. Now that the charges can no longer be denied, they assert, with an almost incredible effrontery, that the serums injected into their victims are harmless.

Harmless! The elements of syphilis, tuberculosis and cancer harmless!

The ordinary assassin who offers his victim the ghost of a chance is an angel of mercy compared with him who, in the guise of friendship, inoculates a trusting patient with a loathsome disease.

Mercy in these men was long since dead.—Life.

Simple Honesty

THE clause in our treaty with England covering the building of the Panama Canal reads as follows:

“The canal shall be free and open to the vessels of commerce and war of all nations on terms of entire equality, so that there shall be no discrimination against any such nation or its citizens or subjects in respect of the conditions or charges of traffic or otherwise.”

The clause in the law we passed concerning tolls in the Panama Canal reads as follows:

“No tolls shall be levied upon vessels in the coastwise trade of the United States.”

Any person able to understand the English language who reads these two clauses and then refuses to admit that we are in the wrong proclaims thereby his own personal moral status. No statesman was ever on stronger ground than Wilson is in the matter of canal tolls.—Collier’s.

If you have not already completed your set of BRAIN AND Brawn, by all means do so, before it is too late. See list of special articles and prices of previous numbers on a previous page.

If your health is worth more to you than \$10, you would do well to select about that value from a list of our good books on health, and read them carefully. You will find this the best investment you ever made in your life.

Medical Experiments in Hospitals

EUROPE'S poorer classes are mere raw material for vivisection by surgeons and doctors. No ailing poor man, woman or child can be put in a doctor's hands without the fear that he or she will be sacrificed to science by being operated on for some non-existent complaint or inoculated purposely with some hideous and even fatal disease. So at least declares Prof. Paul Foerster of this country, and he is backed by the Austrian doctor, Acken.

Particularly is that so in university and municipal hospitals and clinics, in maternity homes, and in foundling hospitals. This is no mere accusation of anti-vivisection zealots. The vivisectors confess it themselves. Their medical journals and their books show that all over Europe poor patients, without themselves suspecting it, are being tortured and ruined in health in order to increase the sum of medical and surgical knowledge.

Transferring cancer, infecting with bubonic plague, injection of the small-pox virus, dangerous experiments with the heart, wholesale injection of tuberculosis cultures, the artificial production of hideous diseases, and operations for ailments which do not exist, are only a few of the ways in which the poor in Europe's hospitals are victimized. The scientific operations on healthy organs are the least deadly of these experiments, as they do not usually result in death, but Prof. Foerster declares that death often results in hospitals from experiments in inoculation and infection.

Doctor Acken says that a large proportion of operations in hospitals of Central Europe are "undertaken merely to satisfy medical curiosity." He divides these experiments into three classes—operations on patients who need no operation at all; necessary operations which, however, are pushed for experiment farther than they should be, and in which healing is artificially delayed, and, finally, cases where necessary operations are not carried out because the human vivisectors, in order to solve doubtful questions of surgery, prefer to undertake unnecessary operations.

The amount of disease purposely caused by some of Europe's best doctors is large. Prof. Von Bergmann, one of the great physicians who attended the late Emperor Frederick, practiced the experiment of inoculating patients with cancer, "to see how it took." Prof. Foerster gives names of three eminent doctors who inoculate poor children with smallpox poison, and of others who make dangerous experiments with their patients' hearts. * * *

In many European hospitals far-fetched and ingenious experiments are made and tremendous suffering inflicted merely in order to test vague theories of individual doctors. One experiment described by Prof. Foerster is the artificial stoppage of all the functioning of the skin. This is done in order to aggravate a sufferer's rheumatism. The doctors invented the theory that rheumatism is the result of insufficient activity of the skin. If this theory were true, then a complete cessation of skin activity would make the rheumatism worse. The theory was put to tests.

One test consisted in completely casing the arms and legs of two rheumatism sufferers in plaster of Paris and covering their bodies with collodium and castor oil. One patient was kept in this state for eight days in the hope that his rheumatism would get worse and thus prove the theory right. A third patient, a woman, was then subjected to a much rougher test. Her whole body and her face were daubed over with ordinary tar; her hair was cut off, and her head also sealed up. She was kept thus for eight days. The experi-

ments caused torture, but they proved nothing, for the rheumatism underwent no change.

A favorite experiment of the human vivisectionists is to combine operations with artificial production of disease. Prof. Mange of Heidelberg reports eighty such cases. In these cases he introduced poisonous matter into the bodies of women whom he was about to operate on.

Doctor Acken declares that in Austria at least one operation out of five is carried out without need, and that at least one out of ten is carried out not only without need, but with the surgeon's knowledge that there is no need. That is, merely for purposes of experiment. "In nearly all cases when our surgeons are in doubt they operate." In the case of poor persons they systematically operate where no operation is needed.

Human vivisection, says Foerster, is carried out mainly for reasons of economy. Poor people are cheaper than animals.—Berlin dispatch Chicago Tribune.

How about conditions in American hospitals?

A False Prophet

DR. WOODS HUTCHINSON, the Apologizer-for-Human-Frailties, visited Los Angeles last month. He gave an address at the monthly dinner of my club, the University. I was unable to be among those present, being laid up in my bed with a fractured hip.

In a local paper Dr. Hutchinson was quoted as follows:

"The general and very popular statement that 'the American public is overfed' and that 'most of the sickness is due to overeating' is 'bosh.'

"Undereating is creating more sickness and shortness of life than anything else. The overfed persons in this country are the ones who are the most healthy, have the least amount of sickness and live the longest."

It is difficult to understand how an intelligent person can utter such an absurd and misleading opinion—that is to say, if he really believes what he says.

American and Canadian insurance statistics, based on the records of over 300,000 cases, show that not one of those much overweight died of old age.

Overeating is the cause of 90 per cent. of sickness, because the blood is surcharged with waste matter. Most civilized people eat from two to five times too much, although it is true that many, while overeating, are half starved, because their food is deprived of the all-important organic salts.

Hutchinson tells people that they may indulge their bad habits with impunity. Such advice will always be welcome—to those who hate to be made to think—and magazines will pay good prices for what the people want to read.

Health Culture

HEALTH CULTURE" is one of the few worth-while health magazines. It is edited by Elmer Lee, M.D. I do not always agree with Dr. Lee, but he is sincere and conscientious, and a consistent advocate of the simple natural life. Health Culture is handsomely illustrated. If you are not acquainted with it, send 15c for a sample copy to the Health Culture Company, St. James Building, New York.

Woman's Position in Modern Life

THE trouble with woman is not merely that she is oversexed in all the manifold attractions by which she must needs allure her main economic supply, and in all the correlative weaknesses and limitations which so weary a man in course of time, but she is also undersocialized.

She is not at present his equal as a human being.

She does not live in the same world.

She does not speak the same language..

She has none of the thousandfold ties and associations which bind men together, and which should bind men and women together. She is a relic of the remote past, of the era of individual activity, when men, alone, supported and defended their own families with their own hands.

Men do it socially now. They have built up the State, the Church, the School, the Army, the whole fabric of our human world, good and bad together. It is their world and women, speaking generally, are not in it.

Industrially speaking, the majority of women are a class of house servants. A man may entertain grateful affection for his kind nurse, his competent cook, his alert valet, his faithful servant, but he cannot make a life companion of such without suffering.—Charlotte Perkins Gilman in Physical Culture.

It seems to me that women are rapidly evolving from the "house-servant" stage. Read this extract from a London newspaper letter:

"Meanwhile it is noted by a famous publicist that, with the wider fields of usefulness opening in front of her, the British woman is becoming a great deal better looking than was the average woman of fifty years ago. He urges that in spite of all the criticisms of the modern woman's forwardness and restlessness, she is getting more of what she needs to make life more worth living. She is getting more of the rights of a human being rather than the privileges of an angel; and, though less flattering poetry is written about her and she is standing on a platform rather than trying to keep her balance on an unsteady pedestal, she is more respected and better treated than her fore-mothers, who swallowed the flattery and stuck to what was considered 'woman's sphere'—the said sphere consisting of most of the unpaid drudgery in the world's work."

College of Natural Medicine

LAST month I mentioned that Dr. Carl Schulz contemplated establishing a liberal medical college. Dr. Schulz now announces that he has signed a contract for a four-story building, on one of the principal business thoroughfares of Los Angeles, to house a college of natural medicine, with clinic and sanatorium treatment rooms. All branches of the healing art will be taught, including bacteriology and suggestive therapeutics. The curriculum will cover four years, with a six weeks' post-graduate course. It is expected that this will be the nucleus of a great modern medical school. Work on the building begins at once.

Prof. Grossmann of the U. S. Bureau of Education says that practically all the people of San Francisco are suffering from a tense condition bordering on nervous prostration. One may well credit this, on reading that there were in San Francisco last year 216 suicides and 62 homicides.

Chilly California

A THEORY persists that the heating of a Los Angeles home is unnecessary, and this is a foolish notion, having no basis in climatic conditions or creature comfort.

Los Angeles has the felicity not to be in the tropics. Because oranges grow in the back yard and palms shade the lawn, and baseball may be played the year around, an idea to the contrary prevails.

As a matter of truth a Los Angeles evening always is cool. Even in what is known as the heat of summer there seldom is an evening when the family may sit in comfort on the porch. The nights invariably are cool and the sleeper requires at least the covering of a blanket.

The coolness that prevails as soon as the sun is down, or nearly down, is genuinely chilly. The room that is not flooded by sunshine at some time of the day is cold at night almost the year through and with a penetrating cold at that. While the temperature expressed in thermometrical terms never gets low, there is something about it that penetrates. The amount of cover needed to insure warmth is as great as demanded in places where zero or below is no strange experience.

Therefore every house should be supplied with heating facilities and when there is no occasion to use them the upkeep is nothing to worry about. In any apartment that never gets the sun a little fire in the grate or some connection with a furnace or a heater is essential to warding off the shivers.—Henry James, in Los Angeles Tribune.

Sun Baths

FRENCH physicians are enlarging on the great efficacy of sun baths in the cure of external and even internal tuberculosis. Of course the "regulars" are claiming this as one of their own "wonderful discoveries." Writing in a French journal, a physician declares that treatment by sun rays dates back fifteen years. What nonsense. Fifty years ago it was included in the course of the German nature cure. Over forty years ago I took sun baths at a sanatorium in Switzerland.

Sun baths should be taken in moderation. They may easily be overdone, especially in the case of blonds. For such, modified sun and air baths in the mornings and evenings should be substituted. In any case, a sun bath should not last more than fifteen or twenty minutes, or it will weaken. The head should always be protected.

Again, a new method of treating burns, that will do away with skin grafting has been "discovered" in a New York hospital. Sunlight on the burned surface is the remedy. Nothing new about this, either. I have known of a small tumor being successfully removed from the lip by focusing the sun's rays on it.

There is wonderful power in the rays of the sun, the center of our solar system, the earliest object of worship by the human race.

It is the natural instinct that makes every woman a matchmaker. She works blindly toward the baby. If she cannot have one directly, she will have it vicariously. The sourest of old maids is thus doomed to have a hand in the perpetuation of the race.—William J. Locke.

Christian Science and Medicine

JAM not a Christian Scientist. I have had occasion to criticise some of Mrs. Eddy's illogical statements, and I shall doubtless do so again.

This shows that I am entirely unprejudiced when I declare that the Christian Science Monitor, of Boston, is, from a typographical and literary point of view, the best paper I know in America—or in the world. The Monitor has shown conclusively that it is possible to run a clean paper, avoiding details of crime and indecency, without being dull or "sissified."

In one instance recently the Monitor showed that a paper may go too far in maintaining the chemical purity of its advertising columns. Otto Carqué sent the Monitor a small advertisement of his excellent black California figs, to which in the advertisement he referred as a "medicinal food." The Monitor refused to insert the word "medicinal." This is worse than the attitude of Brother Bok, who will not allow a reference to wine in his columns, so that they say when Kipling once had a story coming out in which he referred to wine at a dinner, they telegraphed him to ask what they should use in place of that objectionable word, to which Kipling is reported to have replied by cable: "Substitute Mellen's food."

The Monitor should know that all natural foods, especially fruits and green leaves, contain the medicinal mineral elements found in the human body, the lack of which elements in cooked foods and emasculated foods, such as white flour, is the cause of so many diseases. In the February, 1913, number, I published an interesting table showing the mineral contents of a number of foods. All natural food is medicinal. If people would make use of nature's medicines in food they would not need to outrage their bodies with poisonous drugs, to which the Christian Scientists, like myself, are strongly opposed. This is one of the strong points of their teaching, and the total abandonment of drugs is often the main cause of recoveries made under Christian Science. If they would only recognize the importance of aiding nature by natural methods their mental work would be still more efficacious.

Prosperity and Degeneracy

JNDUSTRIALISM is the principal cause of full jails and insane asylums, the killing of one-third of all babies in the first year of their lives, and the restricting of other births.

Degeneration and race suicide increase with industrial supremacy, and the stress of modern competition is the cause of much insanity. Employment of women in factories and the almost ceaseless activity demanded of all classes in efforts to retain their positions are leading causes in the breakdown of mental health.—M. G. Schlapp, M.D., New York.

Sugar and Consumption

SUGAR is a salt. Every salt is desiccating. Sugar is the most desiccating of all salts. It sucks up the liquids from the blood through the veins; thence comes the coagulation, then the solidification of the blood; thence the tubercles in the lungs; thence death. And this is why diabetes borders on consumption.—Tholomyés in Victor Hugo's *Les Misérables*.

Sterilized Milk a Starvation Food

DR. ROBERT MOND of London warns against sterilized or condensed milk as predisposing children to tuberculosis. He found that children fed on milk from cows later found to be suffering from tuberculosis, did not contract the disease, but that other children fed from birth on sterilized milk developed tuberculosis of the bovine type. He himself "thrived" on milk from tubercular cows, but says he wouldn't dare use it sterilized.

This is in accordance with what I have been writing for many years. Sterilized—and to a less degree, pasteurized—milk, when fed exclusively to infants, will produce constipation, rickets, and ultimately consumption. Canned milk is sterilized.

Effects of Soil on Fruit

WHEN Mission or any other variety of black grapes are grown on crushed rock or rock soil having crevices for the roots to go down into, they turn nearly jet black three or four weeks before they become sweet enough to eat. If the same grapes were grown on good loam land in the valley they will become sweet before they become black, and they may never become black at all, only dark red.

Now, these black colored grapes will keep on the vines in good condition for eating six or eight months, while the red colored grapes which are on the non-rock soil may set in to rot before they are fully ripe. One kind will be juicy and mildly sweet and the other acid and crackling. This sweet comes from the atmosphere while the acid comes from the mineral of the rock.—C. W. Dayton, Owensmouth, Cal.

The Way of the Reformer is Hard

PROGRESS always is made against the opposition of men who get cold shivers at the thought of any change. When the English reformers a century ago were abolishing the death penalty for the theft of property worth more than 40 shillings, Chief Justice Ellenborough protested.

"The learned judges," he said, "are unanimous in their opinion that justice and public safety require that the death penalty should not be remitted. If we suffer this bill to pass we shall not know where we are and whether we are standing on our heads or our heels."

Often the learned judges and people of culture generally have the wrong hunch.—Exchange.

The Law Business

THE practice of the law is a calling of great possibilities for development and accomplishment, for good or evil. Its path is choked with temptations, and its disciples rise high or sink low. In time it becomes a profession, a business, or a game. The profession, ennobling, inspiring, protecting, has made it possible to write grand pages of history. The business begins and ends with a livelihood. The game, oblique, insidious, undermining, is one of the most disintegrating of all the baneful inventions of the brain.—The Upas Tree.

Meatless Menus—Wholemeal Gems

Following is a receipt for wholemeal gems without soda or yeast:

One cup of whole wheatmeal; thoroughly beat five eggs; mix. Then add enough warm milk to make batter that will pour freely into warm iron gem pan, and bake in oven about twenty minutes. Do not grease the pan. This will make enough for about twenty-four gems.

Baseball in Australia

AMERICAN journals poke fun at cricket, as a slow game. Here is an article in the Melbourne Age, giving the impressions of the writer on baseball, as played by the visiting American teams:

"The game, as game, seems to lack tensity and continuous interest. It is rather suggestive of a large garden party. It reminds the Australian onlooker of his first open-air picnic. It is not, to tell the truth, the kind of pastime over which a crowd, other than an American crowd, would be expected to get excited. It is not calculated at this stage to supplant either cricket or football as a means of making a Melbourne holiday."

Exercising in Bed

THERE are many advantages in this method of exercising. In a recumbent position more muscles can be brought into action than when in an upright position; and I believe that muscles develop, provided the air breathed is pure, more rapidly under these comfortable conditions than in the cold, bracing air usually advocated for physical exercise. There is another advantage—the vital force which would be required to prop up your body, if you should exercise in a standing position, can be thrown into any muscle you may be endeavoring to develop (and it is possible to exercise every muscle of the body evenly) without any strain upon the heart. In this recumbent position no danger can result, while it is very possible to overtax this most important of all muscles in the gymnasium.—From "Old Age, Its Cause, Prevention and Cure," by Sanford Bennett.

Prominent Vegetarians

THE New York Sun recently published an interesting article on vegetarianism, in which it noted that the popularity of the fleshless diet is rapidly increasing the world over, particularly in England and the United States, although—or perhaps because—England is a land of beef eaters, and America has been consuming more meat per capita than any other country, except Australia. Among notable vegetarians mentioned by the Sun are the following:

Europe: George Bernard Shaw, Marie Corelli, Countess of Warwick, Rejane, Sarah Bernhardt, Cleo de Merode, Auguste Rodin, Mme. Maeterlinck, Princess George of Greece, Grand Duchess Serge of Russia, Mme. Dieulafoi.

America: Horace Fletcher, Prof. Herschel Parker, Ella Wheeler Wilcox, Florence Morse Kingsley, Grace MacGowan Cooke, Upton Sinclair, Edwin Markham, Mrs. Robert A. Van Wyck, Senator La Follette.

Autotoxemia is the universal cause of all diseases, but enervation is the cause of the autotoxemia, and any influence that causes enervation is the first cause.—Dr. J. H. Tilden.

Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

TYPHOID FEVER.

R. J. T.—The first thing in typhoid fever is absolutely to withdraw all food, except a little fruit juice in water. When fever is present, the digestive juices are absent, therefore, food under such conditions cannot be digested, but ferments in the stomach, and rots. This is why, under "regular" treatment, so many fevers prove fatal, or are long in recovering, when they would recover rapidly, under natural methods.

In convalescence, at first the diet should be restricted to a liquid form—fruit juices and vegetable broths. The very worst things that one could put into the stomach of a typhoid fever patient, are milk and beef "tea," which is equivalent to urine.

NO BREAKFAST PLAN.

J. W.—The reason why breakfast is the best meal to omit, is because the vitality is recuperated during sleep. Hundreds of my consultants have proved the great benefits of going without breakfast, or at least, of making it a nominal meal—say a handful of fruit or a cup of tea or coffee with a cracker. The main thing, however, is to get the menu down to two meals. Anything over two meals a day is gluttony.

DAIRY FOODS.

T. K.—The dairy foods—milk, cheese, butter and eggs—should never be consumed when there is a tendency to catarrh or asthma. Buttermilk and cottage cheese are exceptions. Milk is a natural food for the young of the animal from which it comes, when sipped direct from the nipple.

SCIATICA.

G. M. T.—Sciatica, like so many other diseases, is due to inflammation of the stomach, and that again is due to wrong eating. Therefore, it may plainly be seen that no local treatment can possibly effect a permanent cure of sciatica unless the diet is regulated. A short fast, with cleansing of the colon by enema, followed by careful diet of a few weeks, will work wonders.

CHEESE.

What make of cheese best conserves the whole milk, minus, of course, the water? What is the best make that can be obtained readily in Los Angeles?—F. F. L.

From a hygienic point of view, the only really wholesome cheese is "cottage" or "clabber" cheese. Any mild cheese may be used in moderation. Remember that it is a very concentrated food. There are probably more than 50 brands of cheese for sale in Los Angeles. I find Edam, a Dutch cheese, appetizing and satisfactory.

Vox Populi

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

SPICY AND ACCURATE.

I am much pleased with BRAIN AND Brawn. It is so spicy and accurate in the least minute details.—W. H. Watters, Santa Monica, Cal.

EVERYBODY LIKES IT.

I think you have the best "little thing" I have ever seen, for the money. I keep it on my office table for my patients to read—when I am not reading it, myself—and everybody likes it. I wonder why? I wish you unbounded success.—McLain Morgan, Chiropractor, Jefferson, Ia.

MATRIMONY.

Your always interesting magazine was unusually good for March. Much is found therein for those who think and use a reflective mind. The marriage question is always of interest and importance, and a new generation about to experience the pleasure and the pains of wedlock, needs just such good horse sense as you deal in. As nothing destroys romance like matrimony, those who view it from a romantic standpoint should read up and learn why.

You are certainly presenting ideas for public consideration on questions pertaining to health and happiness, that must produce good results. May your efforts be attended with all the success they merit.—Channing Severance, Inglewood, Cal.

THANK YOU.

Your magazine should be in every home. Every page furnishes food for thought, and every number is worth much more than a year's subscription.—John T. Tomlinson, Detroit, Mich.

Have You a Friend?

WHAT more appropriate and useful souvenir could you buy him, for a dollar, than a subscription to BRAIN AND Brawn? It will remind him of you every month, for a year, and it will do him good.

Or, perhaps, you are so fortunate as to have six friends. In that case you may present each with a year's subscription for five dollars. Send us the "dough" and we will do the rest.

BRAIN AND Brawn, Chamber of Commerce Building,
Los Angeles.

The Printed Page

[Address books for review to Harry Ellington Brook, 2129 Elsinore Avenue, Los Angeles.]

THE INTERVERTEBRAL FORAMEN; Harold Swanberg; Chicago Scientific Publishing Co., S.W. Cor. Grace and Osgood Sts., Chicago; Price \$3.00 postpaid.

In this book Mr. Swanberg shows by actual sections the exact relations of the first dorsal nerve, at the intervertebral foramen. A study of this book will help to determine whether compression of the nerves at this point is likely to occur. It is said that the illustrations and scientific descriptions are the first that have ever been published. There are 16 full page plates, none of which have ever before appeared in print. This book should be of great value to healers who make a specialty of treating the spine.

THE FUN OF GETTING THIN; Samuel G. Blythe; Forbes & Co., Publishers, Chicago; price 40c by mail.

Blythe, the well-known Washington man of the Saturday Evening Post, found that he was getting altogether too heavy. After trying, without avail, a great many systems of treatment and diet, he finally hit upon an exceedingly simple expedient that did the work. He continued to eat anything he pleased, but cut down the amount one-half or more.

If Blythe had regarded quality of food—fat-making or non-fat-making food—as well as quantity, the results attained would have been still more satisfactory. A clever little book, printed in extra large type.

To Advertisers Who Think

WISE advertisers recognize the value of quality as well as quantity. A very large purchaser of advertising space was recently quoted in Harper's Weekly as saying: "Mere circulation without a definite value, although usually advanced as a chief argument, means nothing. Magazines deservedly held in highest regard produce most sure and profitable results."

I would not recommend you to advertise drugs or hog products here, but if you have a good thing that appeals to our class of thrifty people who think, an advertisement will yield profit if you give it a fair trial—say for not less than three months. Readers go through this magazine every month "from kiver to kiver."

Our advertisements are carefully censored. Readers know we accept nothing "off color." This makes space more valuable. Any intelligent man is willing to pay more for a residence lot with restrictions, than for one where he may have a laundry on one side and a sawmill on the other.

If you wish, I will write your advertisement, without extra charge. Some of my friends are kind enough to say that I am no "slouch" of a writer. And I have had thirty-seven years' experience in California, so I know my people.

Our address is 508 Chamber of Commerce Building, Los Angeles. Telephone (Sunset) Main 5364.

HARRY ELLINGTON BROOK.

Drugless Healers

[Brief items of interest for this department, such as changes of address, firms, etc., are solicited. They should be received by the fifteenth of the month. Address letters to the editor.]

The regular monthly meeting of the Association of Naturopathic Physicians of California was held in the office of BRAIN AND Brawn on Tuesday evening, March 10.

Dr. Olsen suggested that the Naturopaths should join with the Association of Liberal Physicians in fighting the present State medical law. Dr. Schultz said that the Liberal Physicians had been offered advice and aid, but had deemed it best to go it alone, hence the Naturopaths could do no more for them.

Dr. Abbott gave a detailed report of an interesting case of a child who fell from a high chair, striking its head severely. There were grave symptoms, such as inability to turn the head, convulsions, partial paralysis, etc. An allopathic physician diagnosed the case as one of cerebro spinal meningitis with clots on the brain. After several weeks of maltreatment, there was no improvement. Dr. Abbott found subluxated atlas, after which the child began to improve at once, and is now almost entirely well.

Dr. J. Franklin Balzer had an interesting illustrated article on "Rational Therapeutics in Diseases of Children" in the "Progressive Physician" for March.

Dr. Harry D. Reynard, of 2627 Telegraph Avenue, Oakland, is one of the good friends of BRAIN AND Brawn. He studied chiropractic under Dr. Palmer. In 1910 he took a postgraduate course in the Chicago College of Naprapathy. He is also a graduate of the California College of Optometry. He uses electro-therapeutics, diet, and other natural methods. Dr. Reynard is meeting with much deserved success in his practice.

The March number of the Naturopath (New York) was a special "Legislation Number" devoted to arguments for the establishment of a rational medical law in New York State, an object for the achievement of which Benedict Lust has been making a strong fight.

Dr. and Mrs. Tell Berggren, of Coronado, will this summer visit the leading Nature Cure establishments of the continent of Europe. They will leave March 25 and return end of September. During their absence "Halsohem" will be in competent hands.

March 19 was the fifth anniversary of the signing by the Governor of the bill legalizing Naturopathy in California. The occasion was celebrated informally by a gathering of some Naturopaths at the Union League Club, Los Angeles.

No. 1 of the Drugless Advocate and Review, a 32-page monthly, has been received. It is published for drugless physicians, in defense of drugless healing. The editor is Bertram Elba DeLaney, M.E., N.D. It is the official organ of the National Association of Drugless Practitioners. Subscription \$2 a year. Editor's address, P. O. Box 294, Philadelphia, Pa.

The publication office of the Progressive Physician has been moved from Oklahoma City to St. Louis.

The annual meeting of the Naturopathic Publishing Company was held at the office of BRAIN AND Brawn on Saturday, March 21. In his report the editor urged that each stockholder make an effort to get a few subscriptions every month, thus aiding the magazine, at no expense to themselves. Several small additional stock subscriptions were received. Officers were re-elected.

The Business Office

We want reliable agents everywhere to take subscriptions for BRAIN AND Brawn. You may devote to it all, or part of your time. It is easy work. We allow a good commission. References required.

Those back numbers are getting very scarce. If you want to complete your files, now is the time to do it.

When your newsdealer does not keep BRAIN AND Brawn you would oblige us by drawing his attention to it. We will send a sample if desired.

A Buenos Ayres correspondent sent Argentine currency, which we could not use in Los Angeles. Subscribers in foreign countries should remit by money order. The foreign subscription is \$1.25.

Our Advertisers

[NOTE:—Only approved advertisements will be inserted in this magazine. No advertisements of drugs, fake remedies, or off-color doctors accepted at any price. This will keep out some people, but it will make advertising space of more value to those who come in. Any complaints about advertisers whose notices appear in these columns will receive immediate attention from the publisher. If desired, advertisements will be written by the editor without extra charge. Rates sent on application. Copy should be received not later than the 17th of the month.]

THE BODY BEAUTIFUL.

Annette Kellerman has a national reputation for her grace and perfect figure. She has written a little book, telling about physical development. See her announcement.

HYDROPATHIC INSTITUTE.

Dr. Weinmann has a first-class hydro-pathic institute in Pasadena, with large grounds, airy and sunny rooms. Drop in when you are out that way.

KNEIPP SANATORIUM.

When you are at San Diego, do not fail to call on Dr. Lesem at the old-established Kneipp Sanatorium. For twenty years Dr. Lesem has been running this institution, with great success.

GERMAN SANATORIUM.

Conveniently located, on East Adams Street, is the German Sanatorium, well equipped for the treatment of sick people. Chronic patients will here find an excellent home.

A GOOD DENTIST.

It is foolish to economize when it comes to a question of the care of the body. When you want a dentist, get a good one. Such is Dr. Markey, of Pasadena, whose card appears in BRAIN AND BRAWN.

T. BANDAGE.

Wonderful effects are produced by the Hygienic T. Bandage in cases of sexual, kidney, bladder and nervous troubles. When combined with rational diet, the effects are indeed nothing short of marvelous. Like all other natural methods, it is very simple.

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SAVE YOUR MONEY.

The Security Trust and Savings Bank publishes good literature. The "Savings Depositor" is an artistic little monthly. The Security celebrated its twenty-fifth birthday on the eleventh of February.

ST. JAMES'S OIL.

Have you tried St. James's Oil? If not, you are missing something good. It is a corpse reviver and rejuvenator when rubbed into the skin after a hot bath. I use it myself.

IN CHICAGO.

Dr. Lindlahr's sanatorium in Chicago is known all over the United States. Dr. Lindlahr has made wonderful cures by natural methods.

HONEY.

You do not know what honey is, until you have tried Dayton's Red Ripe Honey, a Southern California product. It is medicine as well as food.

A VETERAN HYGIENIST.

For thirty years Charles E. Page, M.D., of Boston has been preaching and teaching the Gospel of Health. See his announcement of the Page School of Natural Treatment.

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**BENEDICT LUST, N. D., Editor,
Yungborn Health Home,
BUTLER, N. J.**

Have a Smile.

THE BOSS.

At the home of a recently married couple not long ago the perennial good-natured controversy arose as to who was ruler of the home, husband and wife both claiming supremacy. The husband undertook to prove his title the next day. Telephoning to his wife he asked in a disguised voice: "Is the boss there?" "No, he's at the office," came the prompt reply. "Thank you, that's all I wanted to know," he said in his natural voice. There is no more controversy.—Exchange.

FEEBLE MINDED.

Some months ago a man in Milwaukee lay at the point of death after laughing for sixteen hours at an ancient stage joke. Then he became insane. This was the "chestnut" that did the damage:

Woman: "If you were my husband I would give you poison."

Man: "If you were my wife I would take it."

CHANGED HIS DOCTOR.

Jones: "I thought your doctor said you were not to drink any more liquor."

Smith: "Yes, he did, but I changed my doctor."

NO MATTER.

There is nothing new under the sun—not even Mrs. Eddy's curious theory that "all is mind." Dean Berkley put forth this suggestion in the days of Dr. Johnson. Here is an extract from an exchange:

"Dr. Johnson was once in the company of a man who affected to maintain Dean Berkley's strange position, that 'nothing exists but as perceived by some mind.' When the gentleman was going away, Dr. Johnson said to him: 'Pray, sir, don't leave us, for we may perhaps forget to think of you, and then you will cease to exist.'"

NOT ALL THE TIME.

He was a man who stuttered badly. His friends finally persuaded him to consult a specialist about his affliction.

"Do you stutter all the time?" asked the expert.

"N-n-n-no," the sufferer answered, "only when I t-t-t-talk."—Exchange.

CABBAGE WISDOM

Artificial sugars and foods produce premature development. Premature development of children causes them to think themselves wiser than their parents before they are old enough to have their squares off. This premature development is caused by the lack of moisture to properly develop the tissue and brain cells.

Lack of moisture multiplies the number of cells while it decreases their size. Decrease in size of the cells decreases their magnetic power. If the cells are not of the proper size they cannot absorb energy producing elements from the sunbeams, and while the sun shines most brightly the system may stand in almost total inaction.

If we select cabbage seed from a plant that obtained too little moisture while growing, the young plants which we raise will be spindling and "run up to seed" and the edible leaves will be whitish yellow and woody and deficient in flavor and indigestible. It is the same with the cells of the body as with the cabbage. Air and gas in place of moisture causes the cells to ripen prematurely.

The absorption of moisture causes the molecules to vibrate. Their vibration produces red. A very little red ripe honey at the beginning and ending of a meal acts as a primer to the plain foods. It causes the digestion to begin and to finish properly. As boys we knew that the primer was as important as the shot and powder in the old-fashioned gun.

The modern, machine-made cartridge shell has done away with this priming process in the gun, but the food factory has increased the need of the primer for our food. Primers cannot be made which will operate on food, they have to be grown. Only the elements of nature can establish the proper amount of moisture and magnetic action to form the primer.

It is lucky we have nature to grasp to before we are cast onto the scrap heap. Send for my circular "How to Eat Honey."

C. W. DAYTON

**The Red Ripe Honey Man
OWENSMOUTH, CAL.**

WORDS OF GREAT MEN.

Dr. J. M. Buckley, who is writing his autobiography, in the Christian Advocate, relates that once he saw Tennyson in the South Kensington Museum, London, with two ladies and two children. Dr. Buckley circumspectly drew near, hoping to hear some words of wisdom from the great man. He continued these tactics for an hour, but without success. Tennyson kept on saying nothing. At last Dr. Buckley detected some premonitory symptoms of speech, drew softly near, and heard these never-to-be-forgotten words: "You hold the children while I get a glass of beer."—Argonaut.

RACE SUICIDE.

Mrs. Dyer: "Have you had any experience in taking care of children?"

Applicant: "No, ma'am. Heretofore I've only worked for the best families."—Puck.

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We want everywhere responsible agents—male or female, young, old or middle-aged—to act as subscription agents for this magazine. Liberal commission paid. You may break the eight-hour law every day, including Sunday, or you may work an hour once a week, just as you please. It is an easy and pleasant way of earning money, not like peddling, as the magazine practically sells itself—that is to say, among those who can think even a little. And while you are earning money you will be doing good, a rather rare combination.

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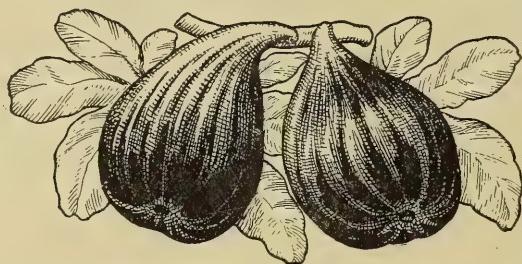
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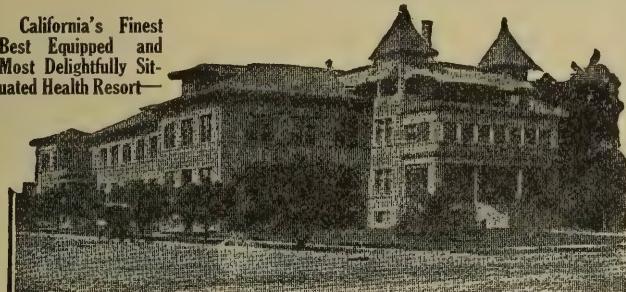
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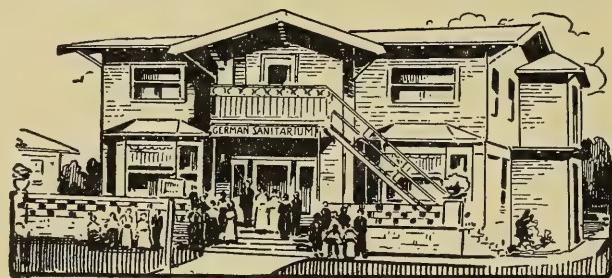
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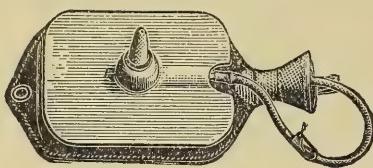
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Cure, or drugless method of healing disease, including such
natural aids to nature as diet, exercise, fresh air, spinal manipulation
(osteopathy, chiropractic, etc.), massage, hydropathy, and mental
suggestion.

The combating of medical errors and crimes, such as the poisoning
of the blood with filthy animal virus, the absurd exaggerations
of the germ theory, the suppression of symptoms instead of removing
the cause of disease, the scaring of the people with false ideas
in regard to infection and useless quarantines, drugging, vivisection,
and unnecessary surgical operations.

Medical as well as religious and political freedom. The right of
every man to choose his own physician as he chooses his own priest
—or goes without one.

Education of the people in regard to the laws of health, and the
cause of disease, especially in regard to diet.

Advocacy of pure food, and descriptions of adulterations.

Exposure of heartless and scoundrelly quacks, both "regular"
and irregular, who prey upon the sufferings of poor humanity, not
even attempting to cure diseases they are powerless to cure, so long
as the victim has money.

Information regarding fake remedies that never have, could or
would cure disease, but only serve to deplete the purse of the patient.

Eugenics, or the right of a woman to control her own body—to
say when and under what conditions she shall conceive—and the
right of the child to be well born.

The humane treatment of children and animals.

The establishment of universal peace, with honor.

The "back to the land" idea, showing the advantages of a "little
land well tilled," to furnish small productive homes to those now
dependent on precarious wages in our congested cities.

The simple life and the uplift of humanity.

Our health platform is as follows:

1. Disease is an effort of nature to remove poisonous or morbid
matter from the system, and to restore normal conditions.

2. Drugs taken into the stomach, and filthy animal matter injected
into the blood interfere with these healing processes of
nature, suppressing symptoms of disease, while never effecting a
cure.

3. The germ theory is a superstition. Germs are not the
cause but an effect of disease, just as maggots are not the cause of
rotting meat. Many germs are not only harmless, but are beneficial
and necessary. At any time you may find in the throats of many
people who will never get those diseases, the germs of diphtheria,
cholera, tuberculosis, and other so-called "infectious" diseases.

4. There is no such thing as "infection" or "contagion," as
generally understood. Skin diseases or blood diseases may be
passed from one person to another by direct contact, where there
is an abrasion of the skin. Therefore, all quarantine is useless
annoyance.

5. There are no superfluous organs. A great majority of surgical
operations performed now-a-days are not only unnecessary,
but dangerous and harmful, and should be forbidden by law.

6. There are rational means of aiding nature to purify the
system and restore health. Among these are diet, fasting, active
and passive exercise, hydrotherapy, the adjustment of the spine,
(osteopathy, chiropractic, etc.), deep breathing of fresh air, sun
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7. Next to air, food is the most vital of all subjects relating
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formed. You cannot make a good suit of clothes out of bad wool.
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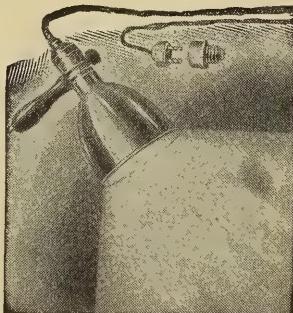
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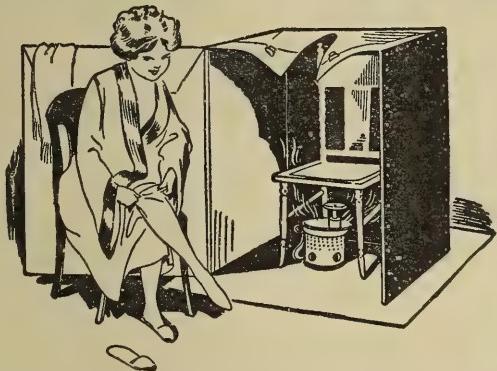
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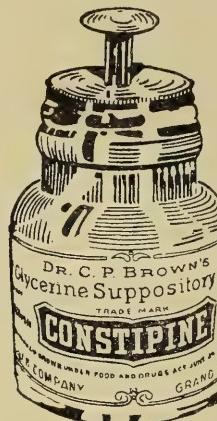
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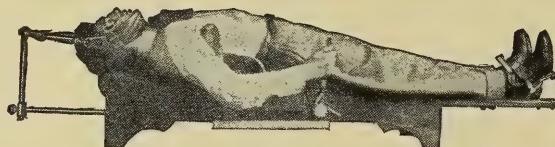
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Vol. II

LOS ANGELES, MAY, 1914

No. 12

Population and Diet

(H) NE occasionally comes across suggestions as to the possible over-crowding of the earth, and a consequent lack of food for its inhabitants. This is no new idea. More than a century ago Malthus, whose theory is now generally discredited, taught that it was necessary artificially to repress the increase of the human race, or the race would be in danger of starvation.

Before that happens—at least in America—we shall have to see millions of acres under cultivation in Northern Canada, where the wheat area is being pushed constantly farther north. “Dry farming” will add other millions of acres of productive land in the Southwest. The irrigation of arid lands, and the drainage of swamp lands will contribute more millions of acres, where intensive culture may be practiced. Then we may greatly increase the yield of our crops by proper treatment of the soil. Americans are proverbially reckless and wasteful. The yield of wheat in this country is only about half the yield of European wheat fields, where the owners have treated the soil scientifically. Again, men like Burbank are constantly discovering that we have only begun to scratch upon the edge of the possibilities of Mother Nature in the way of furnishing plant food.

Malthus made the great mistake of not distinguishing between our present method of devoting the land to the raising of cattle, and a natural diet of fruit, nuts and grain, which many believe to be the natural diet of man, as it is today of the apes, from a branch of which family man is descended. The time will certainly come—indeed it has already arrived—when we can no longer afford to raise range cattle. After that stock cattle will have to go, and then perhaps, in course of thousands of years, the earth may become too populous to raise grain, but even then mankind need not starve.

The figures in the first column of the following table, showing the pounds of food that may be raised per acre of various food products are from Otto Carqué’s “The Foundation of All Reform.” From these figures I have worked out the second column, showing how many persons may be supported upon one square mile, or 640 acres, in the various food products:

	Pounds per acre.	Pop. per square mile.
Wheat	900	1860
Corn	1,500	3025
Legumes and peanuts	1,200	2397
Potatoes	10,000	6000
Peaches	10,000	3500
Apples	25,000	8727
Walnuts	7,500	11,636
Bananas	120,000	41,890

In regard to cattle, if we reckon that on an average five acres are necessary to raise a thousand pound steer, this gives us 80 pounds of edible flesh food to the acre, or 27 pounds of water-free food. Therefore, reducing this to the same basis as the above table, we have the following remarkable contrast:

Cattle—80 pounds per acre—53 persons to square mile.

From this we note a fact that to many readers will appear amazing, namely, that a square mile devoted to wheat will afford sustenance for thirty-five times as many people as a square mile devoted to cattle. Yet wheat will afford sustenance for less than one-third as many people as potatoes, and only for one-sixth as many people as walnuts. In other words, while nearly a quarter of a million of people may find sustenance on ten square miles set to walnuts, only a little more than 500 people could be sustained on cattle raised upon a similar area of land. Manifestly, this knocks Mr. Malthus's theory "galley west and crooked."

In brief, then, we find this: The average amount of above products, reckoned on a water-free basis, that may be produced on an acre of land, is 2620 pounds, or sufficient for the support of eight persons, provided the food is properly chewed, not bolted. This means that, in good soil, with plenty of water for irrigation, where it is necessary, a family of five people may easily live on the food products that can be raised on an acre of land, after making allowance for the space occupied by a house, barn, outbuildings, lawn and flower garden. These products may be still farther increased by utilizing the fence and blank walls for vines and berries. A few chickens may be kept to run about under the fruit trees, provided they are fenced off from the young growing vegetables, but no horse or cow can be kept under this plan, on an acre of land.

This, after all, is not at all a new, or extraordinary idea. There have frequently been published in the papers of California and other irrigated regions, accounts of how a family has not only fed itself, but clothed itself, bought other necessities, and some luxuries, and formed a modest bank account, on the proceeds of one acre of irrigated land, carefully and intensely cultivated.

It is not, of course, claimed that people could live satisfactorily on any one of these products, to the exclusion of all others, but a mixture of them affords a perfect dietary, so that people will not be only well nourished, but will attain the highest possible degree of mental and physical perfection—provided they live right otherwise. Eventually, the time must come when we shall study vegetarianism—or rather fruitarianism—from an economic standpoint. Already the doom of the range cattle is in sight. After that, as I have said, stall-fed cattle will have to go, and we shall all have to become vegetarians, if not from choice, then from necessity.

The figures given above may be largely increased by intensive culture and proper fertilization of the soil, not by the use of animal excrement, which, as I showed last month, is harmful to plants and trees and men, but by using pulverized rocks—nature's own fertilizer. The average wheat yield of Germany in 1911 was $29\frac{1}{2}$ bushels; of the United States only 14 bushels. Think what this means.

Recent experiments have encouraged the belief that we may extract a limitless amount of nitrogen from the atmosphere—not for

human food, for such nitrogen is in the inorganic form—but for plant food. Again, as Otto Carqué says in the book above quoted:

"Fertility can be drawn from greater depths by fruit trees than by cereals and vegetables, so that this is equivalent to gaining a larger area, and less artificial drainage is necessary. The roots of the trees are more capable of attacking insoluble compounds in the soil than are the smaller plants."

Another thing forgotten or overlooked by Malthus was the enormous amount of food to be obtained from fish, in the ocean, where there is sufficient to feed the entire human race, if it could be properly distributed. In course of time, as population increases and food becomes more valuable, we shall no longer permit any such foolishness as artificially keeping up of the price of fish, dumping them into the bay, or a garbage pile, rather than to let them be sold below the market price.

When it comes to a question of overcrowding, we do not know yet what that means, in this country. It is astonishing how many people can be placed upon a small piece of land. As a fanciful though mathematical proposition, it may interest and also astonish some readers to know that the total population of the world could be placed within a tract of land 24 miles by 12 miles in area, affording each person about four square feet of space. However, we do not want to crowd people quite so thick as that. Suppose we say we allow each one acre of well cultivated, irrigated land.

This, however, will be at some time in the future—at least as far as the United States is concerned. There is no immediate danger, in this country, of an overcrowding of our arable lands, although there is danger, if we do not look out, that they may be grabbed by selfish speculators.

Much good might be done by men like Rockefeller and Carnegie if they would divert some of the millions they are now expending in furnishing a "higher education" to people who often find it of no use to them when they leave school, and in institutes for cruel and useless experiments on animals, to helping city people "back to the land." Suppose Mr. Rockefeller should donate \$100,000,000, to be used for this purpose. The interest on this would amount to \$5,000,000 a year, or enough to place 5000 families every year on self-sustaining homes, the amount to be expended in permanent improvements, such as cottages, barns, fences, wells and windmills, the settler to get together enough to pay his transportation, buy his seed and live stock, and living for a year, the assistance to be confined to married city people of good character, the advance to be repaid without interest, in ten graduated installments.

How does this strike Mr. Rockefeller? In this way, he would not only be giving a chance to men now almost hopeless, but he would be aiding society, and lessening the dangers that confront the social fabric, by decreasing the dangerous congestion in our large cities.

In most people I talk with, thought is infantile. In the well-educated, it is rare. In time their minds become automatic machines. People do not like to think. If one thinks, one must reach conclusions, and conclusions are not always pleasant. They are a thorn in the spirit.—[Helen Keller.]

A Crazy Profession

EHRLICH, inventor of salvarsan, a compound as dangerous as dynamite, is regarded as the leading exponent and advocate of the serum superstition. When in Paris recently he was quoted as saying:

In regard to medical science in the future, I am convinced that in ten years we shall see immense progress in the treatment of infectious diseases. Radium and X-Rays will probably conquer cancer. Chemico-therapy and radio-therapy will monopolize the era of new researches. Vaccines and prophylaxis serums seem to have yielded all they can yield.

So! Serums are now to go the way of drugs, after having slain their tens of thousands, and poisoned the blood of millions, and are to give way to the likewise unnatural, dangerous and useless methods of radium and X-rays.

The "regulars" denounce quacks and patent medicines. These, together, have not done one-hundredth part the harm to humanity that has been done, and is being done, by commercialized drugs and serums "made in Germany," and unnecessary surgical operations. Indeed, many contemptuously referred to as quacks are, by natural methods, undoing the harm done by medical malpractice, and restoring to health those given up as hopeless by practitioners of the regular school.

Last month I mentioned that Ehrlich had been experimenting—as a sort of last hope, I suppose—with a new form of salvarsan, containing copper. I referred to this, in a letter to my friend Dr. Tilden, of Denver, and in his reply he wrote:

When Ehrlich uses the copper instead of arsenic then, of course, the people will not die. My dear Dr. Brook, do you know that I am suspicious that I am either insane or that the medical profession has gone bat-house? I pinch myself and I find that I am alive, and that I have some reflex action and really have some sensation; I can tell sour from sweet, I can hear fairly well if you speak distinctly, I can see with my bifocal glasses very well—that is, I think I can, but perhaps I cannot see mentally. Now, there is one thing dead sure, Tilden is bat-house, or the medical profession has gone "daffy," I don't know which. It requires much conceit for a fellow to decide that perhaps one hundred and fifty thousand physicians are insane and he himself sane. The trouble, it appears to me, if I have the right use of my mind, is that the medical profession is running after laboratory professors, men who hardly know what a pulse feels like, and so far as putting the ear to the chest is concerned, they don't know the sound of the lungs, and they cannot palpate the abdomen and tell from the sound elicited whether it is gas or fibroid tumor.

Second Hand Air

IF a man should bathe in a tub after a dozen people of various degrees of cleanliness had used the water, it would be thought disgusting. Yet millions of refined men and women daily sit for hours in theaters, lecture rooms, and churches, where they breathe air that has passed through lungs, many of which are rotten, and few really clean. The late Dr. Felix Oswald has said:

"The act of reinspiring air which has already been subjected to the process of pulmonary digestion is precisely analogous to the act of a famished animal devouring its own feces, and if performed habitually, cannot fail to be attended with equally ruinous consequences."

As I have heretofore suggested, if the air in an auditorium could be colored, according to the refuse it contains, it would cause a rush for the doors. In one Los Angeles theater, where they have an appa-

ratus for washing the air, they take out, daily, a bucketful of black filth. It is in such places, not where draughts of fresh air abound, that is laid in the blood of those lacking resistance through wrong living, the foundation of diseases that often prove fatal.

As I have said, it has become the habit of late for eminent professors and physicians to deny the most obvious facts in regard to health, apparently for the purpose of obtaining notoriety. We have even been told that there is nothing chemically wrong about bad air. There was recently a "symposium on ventilation" at the Chemists' Club, in New York City, where papers were read in which several of the authors took this extraordinary stand. I shall not insult the intelligence of my readers by wasting time on such absurd statements.

Better be called a fresh-air crank than to breathe second-hand air from dirty lungs.

A Short Sermon in Short Words

HEALTH is the chief thing one can wish for. Not a few rich men would give all they have for sound health. Vain hope. Health may not be bought; it must be won. Like love, it is one of few things that man is not able to buy with gold. Yes, there is a price. It is the same to the rich as to the poor. It is to cease to do ill and to learn to do well—to eat to live, not to live to eat. There is no other way. This is hard at first, like all other things that are worth while, but if you keep on you will find the task light. In truth it soon will be no task, but a joy.

Few, in these days of towns and shops, know what real health is. They think that if they do not have to go to bed they are well. Yet few of them are free of waste in the blood, and most of them lack vim. They are not able to put forth the best that is in them of mind or body. They fall far short of the prize that life has for those who know the laws of health and keep them.

To treat ills of the blood by drugs, or to squirt more filth in the blood to cure them, is the act of a fool. As well try to make two and two five, or to make black white. You may not wipe off your sins in this way. You must pay the price.

There are means to aid a cure—diet, all the fresh air you can get, walks, sweats, rubs, dry and wet, good thoughts, and help that frees the nerves at the spine; but the main task must be done by your own self—by your own strength of will. You must work out your own cure.

Be sure of this: You may be well if you will. If you stay sick it is your own fault. Then do not blame God or Fate. The test is: Will you pay the price?

Have I made this plain?

You say that when you become rich you will devote your wealth to great reforms and noble purposes. But the chances are that you will not, for in the process of getting rich, you will lose your ideals and human betterment will have no meaning for you.—[Bruce Calvert.]

He that loveth a book will never want a faithful friend, a cheerful companion, an effective comforter.—[Isaac Barrows.]

Man and the Animals

JHAVE referred to the fact that man is descended from a branch of the anthropoid ape family, and that there are today alive upon the earth tribes of apes fully equal in intelligence and culture to living tribes of men. I recently quoted the following statement by Dr. J. W. Corey, of Los Angeles: "So far as cerebral structure goes, it is clear that men differ less from the chimpanzee and orang, than these do even from the monkeys, and that the difference between the brain of the chimpanzee and of man is almost insignificant when compared with that between the chimpanzee brain and that of a lemur." Commenting upon this, an Ohio correspondent writes:

"This animal man has within himself the possibilities of receiving the soul element, while the ape has not. At a certain point of refinement and increased vibratory activity in this animal man and animal woman, there is born to them a child possessing the soul element, and this child, so endowed, will make a man—the crudest possible, but started as a man along the long upward grind. The distinguishing difference between the man and the animal is that the man is endowed with the soul element, while the animal is not. This is what makes him man, and this only. Before he receives this element, man is just as much of an animal as the ape. After man is endowed with the soul element, the attributes of which are self-consciousness, reason, independent choice and an independent, self-conscious and rational volition, nature shifts the burden of responsibility upon man himself, and he has to work out his own salvation. . . . No animal has a soul."

At what particular moment before or after birth does the "soul" enter the embryo or the man?

Egotistical man arrogates to himself qualities not possessed by what he calls the "lower animals"—I quote from Broca:

Like the Roman emperors, who, intoxicated by their power, at length regarded themselves as demigods, so the ruler of the earth believes that the animals subjected to his will have nothing in common with his own nature. Man is not content to be the king of animals. He insists on having it that an impassable gulf separates him from his subjects. The affinity of the ape disturbs and humbles him. And, turning his back upon the earth, he flies, with his threatened majesty, into the cloudy sphere of a special "human kingdom." But Anatomy, like those slaves who followed the conqueror's car crying, "Thou art a man," disturbs him in his self-admiration, and reminds him of those plain and tangible realities which unite him with the animal world.

In the Los Angeles Tribune Henry James wrote:

John Burroughs says that animals do not reason, and he attempts to draw an arbitrary line between reason and instinct. Talk about imaginary lines! Many animals reason clearly, but within limitations. To affirm that an intelligent dog, for instance, does not reason, is as absurd as to affirm that the creature has no hair on its back.

Sir Walter Scott once refused an invitation to dinner, because, as he wrote, he had that day lost an "old, tried and beloved friend." The friend was a dog.

If a dog, that will lay down its life for its young, or its master, has no "soul," while a man who beats his wife and neglects his children, has a "soul," then for my part, I am glad to be classed among the "lower animals."

The latest "discovery" is that we only use one lobe of our brain in thinking. In a little book I reviewed last year, Dr. Corey, of Los Angeles (above quoted) puts forth the theory that this is the seat of

what we call the "soul," and that the "soul" may be developed and cultivated like the mental faculties.

As to reason and initiative, surely there is as much in the New Mexico collie, that, when its master died, took the sheep out and in to the fold for several months, killing one once a week for food, or the Newfoundland that drags its little human playmate from the front of a car, as there is in the average bar-room loafer. Yet many men regard these noble animals merely as so much material for vivisection.

All this talk about "soul" is assumption. Before talking so much about the "soul," science would better first devise some means of knowing when life has departed from the body, so that people might not so frequently be buried alive.

If you wish to read more on this subject I refer you to "The Immortality of Animals" by E. D. Buckner, A.M., M.D., Ph.D.

Cause of Cancer

AT the annual convention of the American Surgical Association in New York, the subject of cancer was discussed. Dr. William J. Mayo, one of the bold butcher boys of Rochester, Minn., who is president of the Association, expressed the opinion that nothing is of avail against the disease but use of the knife. This, although statistics show that on an average only one in 200 cases is cured by an operation, and that the disease always returns with increased virulence. He added: "If we could only tell how to avoid it, I would be glad, because I am frank to admit that we do not know." Yet, as I have frequently written, the cause of cancer is plain. It is a disease of what we call "civilization." It is due to the consumption of more proteid food—especially meat food—than can be assimilated. Here is an extract from an *Exchange*:

Our statistics show that when the Irish, German and Scandinavian come to this country, their liability to cancer is greatly increased, whereas that of the Greek, Italian, Russian and others, is no greater than in his own country. The first-named are those who change their habits of eating while the last-named continue to eat the same food as in their native country.

This, however, is altogether too easy an explanation for the medical fraternity. It would afford no excuse for the torture of hundreds of thousands of innocent animals for the purpose of making useless experiments.

At the convention it was declared by Dr. Francis Wood, director of cancer research at Columbia University, that radium had failed in 99 cases out of a hundred. Yet only recently Ehrlich stated that serumpathy had reached its limit, and that the future lies in the development of X-ray and radium treatments.

The love which parents lavish upon their children, the children repay, not to parents themselves, but to the next generation. Only when we become fathers or mothers in our turn do we learn what our fathers and mothers have done for us.—[Grant Allen.]

Dogs are the best friends, they are always ready with their sympathy and they ask no questions.—George Eliot.

The Songs of a Nation

AT the Y. M. C. A. building in Washington, D. C., a notice was recently posted on the bulletin board asking members to refrain from singing songs of a specified kind, about the building. In explaining this order, the secretary said:

For many years past I have noticed a steady lowering in the moral tone of the average popular song. Formerly street music was derived from the operas of Gilbert and Sullivan, but nowadays they seem to come mostly from the burlesque stage. Twenty-five years ago many popular songs possessed considerable merit; today many of them are unspeakable.

The secretary is right. He might have made his statement stronger.

There is much force in the saying: "Let me write the songs of a nation and I care not who makes the laws." A song like the "Mar-sellaise" has changed the fate of empires. If we may judge of social conditions by the songs of the day, then this country is surely in a bad way. Fifty years ago the popular songs were such tuneful melodies as the beautiful darky and Scotch songs—"My Old Kentucky Home," "Annie Laurie"—and war songs that made the blood tingle in the veins—"When Johnnie Comes Marching Home," "John Brown's Body." Then, there were those bright, breezy songs of the outdoors "Cheer Boys, Cheer," and "To the West." Harry Clifton, a London music-hall artist of the better type, popularized "Pulling Hard Against the Stream," and other good tunes with a moral attached. Of the sentimental kind we had "Rosalie the Prairie Flower," and many others. Then came airs from the Gilbert and Sullivan operas, clean, sparkling, and witty. Even a dozen years ago "Two Little Girls in Blue" was far ahead of the average popular song of today. By the way, the author of the song last mentioned, died recently a pauper in a British workhouse. It is strange how many writers of popular songs have died in poverty and misery, like the printer-author of "The Old Oaken Bucket," and the unfortunate who penned "Home Sweet Home," himself dying a homeless exile in Africa.

Of late, so far as popular songs are concerned, we have been steadily descending the ladder, until now what do we find? It would be difficult indeed, to imagine anything more silly, inane, and mushy—and occasionally grossly indecent—than the tunes one hears warbled today—"Darling Pinch My Little Ear," "Won't You Let Me Chew Your Gum?" "The Baboon Baby Dance," "The Dippy Rag" and so forth, a mixture of slush and thinly disguised smut.

With silly songs, ragtime dancing, and gross caricature masquerading as art, it is surely about time for some of our enthusiastic reformers to step aside from their efforts to improve the morals of the people—which, after all, is largely a question of custom and habit—and to endeavor to do something to better the popular taste, regarding which there can be no question whatever.

The greatest advantage I know of being thought a wit by the world is that it gives one the greater freedom of playing the fool.
—[Alexander Pope.]

Poisons at Cut Rates

THE recent deaths of eight patients in the Los Angeles County Hospital, following injection of neo-salvarsan, has naturally excited much interest in medical circles throughout the world. There would have been nothing at all remarkable about it, if the men had not all happened to die together at the same time, and in the same place. There are said to have been at least fifty deaths from salvarsan in Los Angeles alone since this dangerous Ehrlich compound was introduced. How many there have been throughout the world the Lord only knows. You have to dig into medical journals to get any light on such subjects, because it would not, of course, do to enlighten "laymen." They might get scared, and refuse to have the poison pumped into them.

In the Medical Times for April was an article by Edward H. Marsh, M.D., on "The Dangers Accruing From Drugs Purchased from Peddlers." The writer sees nothing objectionable about the use of this poison. He is merely shocked and offended because this, and other poisons, are often obtained in an "unethical" manner. For instance, in this case, in order to save money, the Los Angeles supervisors advertised for bids for drugs. When a drug, itself poisonous and dangerous, is purchased at cut rates, and then injected in a new and unorthodox manner, the chances of a poor devil recovering from the operation are seen to be very slim.

The doctors cannot crawl behind this excuse. Most of the fatal injections of salvarsan have been performed in a strictly ethical manner. The Health Officer of Berlin recently asked the authorities that the use of salvarsan should be forbidden. The director of the Medical Department of the Ministry of the Interior, replying to a question by a medical member in the Reichstag, said:

"There is no law compelling a physician to report deaths or cases of severe damages due to the use of salvarsan. The government is, therefore, unable to state how many of these cases occur after salvarsan treatment. The damages reported in the medical literature according to the physicians, are due partly to improper selection of the cases, partly to errors and imperfection of administration, partly peculiarities of the course of the disease, and partly, especially in hypersensitive patients, to the contents of arsenic of salvarsan. Therefore, the damage can only partly be traced to the direct toxicity of salvarsan."

This lame and miserable attempt at an excuse would be really laughable, were it not so pitiful and sad, involving, as it does, the poisoning of the blood of the people, and great unnecessary loss of life.

However, Ehrlich now tells us that serum treatments have reached their limit, and that we must prepare to look to X-rays and radium, and that sort of thing. So let us get ready to read of a long list of professional murders by the use of these equally useless and dangerous methods.

When will those who set themselves up to be healers of men learn that nature, and nature alone, cures, and that she will always cure when given half a chance?

Briefs

Abraham Lincoln, when a member of Congress, denounced the Mexican war as an act of wanton national injustice.

A Los Angeles woman of 28, formerly an "infant prodigy," suffers from senility and mental decay. Infant prodigies should be discouraged.

While we propose to shut out illiterates, note that there are more than five millions over ten years of age in the United States, who can neither read nor write.

Of 4,500,000 in Ireland, 500,000 are Protestant.

The Rockefeller Institute has discovered a serum for pneumonia. Better hurry; serums are going out of fashion.

The fruits of three years' experiments with the brains of ants were swept away by a fire in Wellesley College.

Mrs. Charlotte Perkins Gillman says children should not play with dolls, because it makes them too womanly. Oh piffle!

At a eugenic contest for infants, in Jersey City, the prize was won by an abandoned infant, cared for by the Society for the Prevention of Cruelty to Children.

Quarantine and detention stations will not go far toward settling our California immigration problem.

Crimes against women in St. Louis have doubled since a restricted "red-light" district was abolished.

All state jobs in California are now open to women, including laboring jobs—for those who can pass the physical test.

A Boston man left his dog \$1200 a year, and the court approved the will. I am a great friend of dogs, but that is too much luxury.

In Germany no midwife may confine a woman until she has performed 200 deliveries at a hospital.

A bill to license cats has passed the Massachusetts legislature. All unlicensed cats may be killed on sight.

Twelve prominent citizens of Monrovia, Cal., a prohibition town, knocked an editor down with a beer bottle and kicked out his front teeth.

Los Angeles has a surplus of agents, and other non-producers.

Men who fought with Paul Jones, Nelson, and Farragut, would have mutinied at Daniel's prohibition order, but times have changed.

Those who sized up Villa for an ordinary bandit were badly mistaken. He is a Man—a cave man, perhaps, but there is something Napoleonic about him.

A Chicago judge has ruled that when a man is persistently tickled in the face by a feather, he may pluck it from a woman's hat. Oh, upright judge.

Wool men are raising prices throughout the country. How dare they do so, with the tariff reduced?

It is foolish to deny or ignore dull times. A boom cannot last indefinitely, or it would burst, instead of slacking up.

Of seven stories in a recent number of the Saturday Post, four were written, and five illustrated, by women.

A woman wore a pedometer and found that she averaged over 13 miles a day, while doing housework.

While private poker games are raided in Los Angeles, public cigar store dice gambling continues to flourish.

Railroad earnings for March were as large as for March 1913.

Gov. Fielder, after public hearing vetoed a bill permitting foreign medical societies to experiment on animals in New Jersey.

Decatur, Ill., "drys" would bar sale of liquor for medical purposes. Why not? "Medicinal Whisky" is one big joke.

Doubtless vegetables peddled by Chinamen are unsanitary but what can you do? Few Americans will raise them. Americans won't squat.

Members of the University M. E. Church of Los Angeles voted Roosevelt the greatest living man, Edison second, Wilson third.

Eastern papers josh our propensity to translate the money value to the farmer of every fog or flood.

The American Kennel Association offered a reward of \$500 for an authentic case of rabies, but the reward was never claimed.

Ex-Ambassador Wilson compared the murdered Madero with Nero. Wilson is angered because he was discharged for cause.

Dr. James F. Moore, of Minneapolis, says the removal of the appendix is an interference with the designs of the Lord. It is certainly an interference with the designs of nature.

The latest monthly tuberculosis cure for May is the inhalation of sulphurous acid.

I am told that the owner of a widely advertised chewing gum made last year a profit of \$2,500,000.

Six physicians of the medical school of the University of Pennsylvania were tried for cruelty to dogs.

Brain and Brawn

"A Sound Mind in a Sound Body"

HARRY ELLINGTON BROOK, N. D., Editor

Vol. II

LOS ANGELES, MAY, 1914

No. 12

Dietetic Advice by Mail

IN Good Housekeeping for April, Dr. Harvey Wiley said:

One can give general directions as to the balancing of rations and lay down general rules that should govern the dietary, and such advice, if followed, would do much to prevent disease, but to attempt to cure diseases by long distance advice as to the dietary, is to attempt the impossible.

During the past fifteen years I have completely disproved this statement. During that period I have received letters from several hundred grateful consultants, who have been restored to health by taking and following my dietetic advice, many of them having been given up as hopeless cases by members of the drug-dispensing medical fraternity. Another who has had great success along this line is my friend Dr. Tilden, of Denver.

It ill becomes members of the regular medical fraternity to criticise those who give advice on diet, whether personally or by mail, since they themselves are so lamentably ignorant on the subject, as admitted in one of their own journals. See article reproduced on a later page. Those who live in glass houses should not throw stones.

In the same magazine from which I have above quoted, Dr. Wiley, after correctly explaining that most of the poisonous products formed in the body from the food consumed are derived from the protein of the diet, goes on to recommend three and a half ounces of protein daily for a person weighing 150 pounds engaged in moderate sedentary work, and a "very much larger quantity" for those engaged in medium hard labor, whereas all who have kept informed of recent investigations by Prof. Chittenden and others are aware that this is more than twice too much.

After reading descriptions of the diet of many of the people who write to me I can but feel surprised, not that they are sick, but that they are alive. The general ignorance of the public in regard to the building of the body by food is appalling. How should they know when all their medical advisers can tell them is: "Eat what seems to agree with you."

Some do not approve of this magazine because it teaches people to think. This is the same spirit that led slave holders to object to school teachers among the negroes.

True Prosperity

TRUE prosperity does not consist in big cities and big chimneys, belching black smoke from factories, where thousands labor and sweat, and pray not to lose their positions, or in palaces of merchant princes, or in overcrowded tenement districts, or in big bank clearings or in associated charities, but rather in the owning, by a majority of the people, of small productive homes. In other words, that country is the happiest and most prosperous where the wealth is most evenly distributed—where there are few very rich and none very poor.

Such a country is Switzerland, where in my youth I spent five happy years, a land seldom heard of, except in connection with Alpine climbing. Yet the little republic that has endured five hundred years has had a glorious history. The Swiss have bought their freedom with their blood, as all things of value must be bought, and have kept themselves free from tyranny and plutocracy.

Switzerland is an example of true prosperity.

The Parting of the Ways

ONE does not need to be a prophet, or the son of a prophet, to see that two political parties are forming in this country. They will be, as in England, Liberal (or Progressive,) and Conservative (or Reactionary.) The Conservatives will be recruited from all who have not yet learned that the Civil War is over, from those and their hangers-on who seek special privileges, and lean to plutocracy, and from those who are afraid to trust the people. The Liberal party will be recruited from the ranks of the commoners, and those who believe in them, and sympathize with them.

Political parties grow, ripen and decay, like fruit. Such is the law. The Republican party was denounced in its youth, by "Respectability," even as the Progressive party is now denounced. The Republican party has fulfilled its mission. It has done good work, but has fallen into evil company, and must now make way for a party that expresses the will of the people, who are rapidly learning to think.

We hear much now-a-days about the trusts, yet the most dangerous of all trusts, is, strange to say, over-looked. This is the Medical Trust, which seeks to control the bodies of the people. However, such indifference is in line with the American policy that ranks "property" as of more value than human life.

Trying to suppress social unrest by shooting rioters, is like trying to cure cancer with a knife—it always returns with greater virulence. The right way is to seek and remove the cause.

Temperance

TEMPERANCE is nowadays a much abused word. It has been narrowed down to mean merely total abstention from alcoholic beverages. A man may stuff himself like a hog with stimulating food, drink several times a day strong coffee—or even “medicinal whisky”—yet be considered “temperate” in the eyes of those peculiar narrow-minded people, to whom the drinking of a glass of claret or beer is a greater sin than the exaction of the uttermost farthing from a poor widow.

The apostle said: “Be temperate in all things.”

Pain is a blessing in disguise; a warning signal. What would you think of one who extinguishes the red lights on a railroad, and then says: “All is well?” That is what physicians do when they relieve pain without removing the cause.

A Rhyme of Thomas the Doubter

WHEN the Master had finished the story of the sower and the seed,
And had shown his disciples the lesson of rock and wayside
and weed,

Then up spoke Thomas the Doubter, and his brow was furrowed with thought—

He had seen a darker problem in the lesson that was taught.

“Master,” said Thomas the Doubter, “when the seed sown is the word, I can see the meaning right plainly of the lesson we have heard;

“But, Master, say that the sower were God and the seed were men, And some of them fell by the wayside, what were the lesson then?

“For I see men daily, my brothers, like the seed of which you spoke, And among the thorns fall many, and the thorns spring up and choke.

“And some of them, good Master, fall where the soil is scant, And they perish there for the absence of the life for which they pant.

“It is easy,” said Thomas the Doubter, “for those on good soil cast, For they have their joy of living and the harvest at the last;

“But those who fall by the wayside, in thorns and on stony ground, Are they like the seed grain scattered by a careless hand around?”

But the Master was silent and mournful, and his brow was furrowed with thought,

And there lay on his soul a burden which Thomas the Doubter had wrought.

—William Herbert Carruth.

Brooklets

There are no greater dangers to a nation than subsidized colleges and a subsidized press.

* * *

There is no such thing as absolute morality. It is all a question of place and period.

* * *

Those who over-eat and under-exercise commit slow suicide.

* * *

Before trying to run a nation socialistically run a colony co-operatively for a few years.

* * *

The year 1815 changed the fate of Europe, at Waterloo. The year 1915 will change the fate of the Pacific Coast, at Panama.

* * *

When an employer pays his cashier day laborer's wages, he should not wonder when employee and cash are sometimes missing.

* * *

Difficulties are to the mind what exercise is to the muscles.

* * *

A woman of 40 not operated on will soon be a curiosity.

* * *

It is hard to butt against the Pharisees' rampart of custom, convention and prejudice.

* * *

Snobbishness is by no means confined to the rich.

* * *

Politics differs from statesmanship as religion from Christianity.

* * *

Plain talk on vital subjects, affecting life, health and happiness, is indecent; while a smutty monologue or song is merely "risqué."

* * *

Some physicians would rather see a patient die "ethically" than have him cured in an "irregular" way.

* * *

Poets are now again coming into their own. An encouraging sign in a materialistic age.

* * *

Why do we seldom meet those novel heroes and heroines who practice introspection and self-torture for pages and pages?

* * *

Some day people will ask of millionaires not how much they have, but how they got it and what they do with it.

* * *

A foreman who discharges men and divides with an agency is meaner than a family physician who splits fees with a surgeon.

* * *

Parsons call in evangelists as family doctors call in specialists.

Doctors and Diet

JT is not surprising that physicians of the "regular" school, when asked in regard to diet, are in the habit of giving such non-committal answers as "Eat what seems to agree with you." They could scarcely do otherwise, because few of them know anything about diet, for the reason that they have not been taught it in the medical colleges, and not having been impressed with its importance, have not taken up the study since they left college.

A recent investigation shows that of the medical courses of twenty-two of the leading colleges in the United States, none give to the subject of diet more than a few hours time during the four years' course. And this to a subject of such great importance that it involves the food of which the body is built, while it is an absolute fact that ninety per cent of all diseases are directly due to errors of diet.

This unreasonable, absurd and abnormal condition of affairs has begun to attract the attention of some of the more thinking and rational members of the medical fraternity. Thus, commenting upon this subject, under the heading: "Dietetics, a Neglected Study" the editor of the Medical Brief recently said:

"Considering the immense part that diet plays in the welfare, or otherwise, of the human body, and even of the mind, it is strange, to say the least, that dietetics, as a science and art, should lag so lamentably behind the procession. That it does lag no one, we think, will seriously question. * * * He (the physician) does not seem to have realized the towering importance of an exact and scientific knowledge of dietetics, or what a powerful therapeutic agent such a knowledge and control of diet would put into his hands. He appears to be strangely blind to the tremendous possibilities such a science, practically applied, opens to him. * * * Even in the hospitals, where one would naturally look for some sort of systematic ordering of dietetics, the same superficial procedure prevails, the dietary being usually classified loosely into 'slop, light and full,' with an eye to the purely physical qualities of the food rather than to its physiological values.

"Perhaps we should go a step further back, if we are to find the root of the trouble, and observe that there is no adequate provision made for teaching dietetics in our medical schools. Many colleges—no doubt the great majority of them—absolutely ignore the subject, so far as its claims to a special course are concerned.

"But there is another aspect to this matter. If the medical profession is ignoring the question of dietetics, others are not. * * * But to one of the criticisms the writer felt utterly unable to offer any defense or justification, and that was the very charge to which we are now mutually pleading guilty—that as a class the medical profession is woefully ignorant of, and inexcusably indifferent toward the science of dietetics. On this charge the writer's lips were dumb. It is true—deplorably true. * * * But unless we very soon sit up and take notice we shall have the public at large challenging us on the same ground, and that will be even more embarrassing. It is no excuse or justification for us to plead that we have so many more important matters to engross our time and attention. THERE IS NO MORE IMPORTANT OR FAR REACHING SUBJECT THAN DIETETICS. It ramifies into every aspect of health and disease, and profoundly influences every condition of life."

Pneumonia

HERE died in Pasadena last month, of pneumonia, at the age of 79, Fred W. Weyerhaeuser, the lumber king of Minnesota, said to be one of the richest men in the world. Much of his wealth was acquired by the process of getting dummies to locate on timber land. Now that the government is forcing "malefactors of great wealth" to make restitution, steps should be taken to restore some of this property to the people, to whom it properly belongs.

Weyerhaeuser battled for ten days with the disease, several times rallying. If he had been a poor man he might have got well. Unfortunately he was handicapped by "all that modern medical science could do," which means of course "keeping up the system with nourishing food," and so forth.

Pneumonia, like "colds," is caught at the table. It is a disease of over-nutrition. None who eat abstemiously of non-stimulating foods ever catch pneumonia, or get "colds." Few would die of pneumonia if they were treated in a rational manner. It is the treatment that kills them, not the disease. A great majority of cases would recover with no other treatment than simple nursing, if they were not burdened with food that becomes a poison in a stomach containing no digestive juices.

In pneumonia the most important measures are to reduce the fever. Principal among these methods are the cool baths, graduated baths, wet pack, sheet pack and cold enema. Cool compresses on the chest should be alternated every three hours by hot fomentations of three minutes. All compresses should be wrung out of cold water and changed every five or ten minutes, or as often as they become warm. Care should be taken to keep the patient's body from becoming wet, except where the treatment is applied. This treatment is most efficacious. The cold enema is also a most useful measure. The amount of water required is from half a pint to a pint, at a temperature of 40 to 60 degrees. Then comes fresh air. The apartment should be kept cool. It is better to have draughts than to sacrifice pure air. In place of water, the patient may be exposed with the surface unprotected, to the cooling effects of the air. Dr. J. H. Kellogg writes:

"It is admissible to expose the wet surface of the body to the air, allowing the patient to be cooled by evaporation."

Discontinue the cold treatment after 24 or 48 hours. If the surface is cold, apply hot sponging or a hot pack. Avoid lengthy chilliness. It is well to have the patient wear a warm wet compress over the chest at night, to stimulate absorption.

Above all, food must be withheld. Give nothing but pure water with a little fruit juice until hunger returns. When treated in this rational manner, pneumonia is robbed of its terrors. Under the "regular" treatment thousands upon thousands of useful lives are needlessly sacrificed every year.

His Ninety-second Milestone

DR. J. M. Peebles, physician, lecturer, author and book publisher, celebrated his ninety-second birthday on the twenty-third of March, at his home in Los Angeles. Dr. Peebles, as the novelists say, has had a "checkered career." He has been around the world six times. He has been a vegetarian for sixty years—not only a vegetarian, but a rational vegetarian—to which he largely attributes his good health at an advanced age.

Bad Food Combinations

JN the April number of Good Housekeeping, Prof. Harvey Wiley, ridiculed the idea that it is harmful to mix sours and starches at the same meal.

On the other hand, here is an extract from a letter written to me by Prof. B. H. Jones, of Pittsburg. Prof. Jones is author of that excellent book "Common Sense Diet":

"I have found in writing up the summary of three months' experimental work last summer that I checked up and commented on 16,830 meals. I found that most people use some sweet, some fat and some starch at every meal or, at least at two meals each day. Again that nearly everyone, even though they have my book, use stewed or preserved fruit, or other acid in the meal with starchy food. I also have been watching this in my office patients and while it is a task to get them to see that Nature does not recognize any difference between 'a little bit' and a whole lot, I find that when a patient does grasp the situation and discontinues these mixtures, entirely, there is a sudden change in the bowel action.

"This has been quite the most difficult thing to get a person to see. Their excuse is, 'Oh, I did not take but a little bit of sugar,' or one or the other. It is not easy to convince by an argument, but when an object lesson has been taken and the proofs are as indisputable then they concede my point and another convert is recorded.

"A very little sugar and milk in the coffee is enough fat and sweet to do harm when there has been a bit of toast or other starch taken. If this is so then it is but necessary to observe that starch, fat and sweet, in any quantity, are the most prolific cause of obstipation, the precursor of constipation.

"Starch and acid, of any kind or quantity, will produce gas. There is no getting away from that."

Again, Dr. Axel Emil Gibson writes as follows in an article entitled "Life and Death in Diet":

"Nothing but food can help us; good, dietetically, balanced food, and so combined, that its ingredients can not give rise to fermentation in the stomach. But the mere absence of meat in a dietary does not change the chemical principles of food. Meat or no meat, any preparation of food which admits a mixture of acids, starches, "sweets," fruits, salads, milk, and any form of pastry, undermines the constitution of the eater, by using up his vital forces in neutralizing and subduing the inevitable fermentation and decomposition, arising from the incongruous mixtures. And it can be stated without risk of scientific contradiction that the unwise mixtures of sweets, starches and acids, in the ordinary vegetarian menu, has caused more indigestion and catarrh, than any other violation of dietetic principles. It is not the purity of the food that is questioned, nor the efficiency of the cook, but the bringing together in the stomach of food-stuffs that defy the action of every law and principle of physiological chemistry."

Election of judges by the people is on the assumption that they are competent to wisely select. And is it not also to be presumed that they will practice the same wisdom and be guided by the same sense of justice in a recall proceeding that they displayed in electing the particular judge?—[General Lionel A. Sheldon.

The Morals of Long Beach

LOS ANGELES has been described by one of our cynical young writers, who "backslid" and went East, as being "chemically pure." Compared with Long Beach, one of our principal suburbs, Los Angeles is a combination of Sodom and Babylon—that is to say, outwardly, you understand. To drink a highball in Long Beach, except for "medicinal purposes," is a greater crime than homicide, and a man who has no church affiliations is regarded with as much suspicion as is a deacon in some unsaved frontier communities. Yet it must be admitted that the religious varnish of Long Beach is quite often punctured by nasty personal scandals, and church and municipal squabbles, showing that the old Adam cannot entirely be suppressed, even by the most drastic ordinances.

Recently there was an exhibition of paintings by an artist named Fisher in the art room of the Long Beach Library. Among others a "Portrait of a Young Man," the youth holding a cigarette. No sooner did this flagrant display of immorality come to the attention of the mayor—whose name is Whealton—than he ordered it removed. In vain the artist pointed out that the young man bore the marks of a cigarette fiend and might therefor be regarded as a "horrible example." So Mr. Fisher removed the whole exhibit, which, under the circumstances, was about the least he could do. Now the library commission is split into two unequal parts over this grave question and another municipal feud is in sight. Meantime, I wonder they allow cigar stores down there. Long Beach has not yet reached the point attained by some Puritanical Eastern communities, where they have covered classical statues with pants and petticoats, for the reason that there are no classical statues in Long Beach, and he would indeed be a bold man who should seek to introduce one.

I imagine it must be a serious matter, attended by grave responsibilities, to dwell in Long Beach.

Meatless Menus—Bean Soup

HERE is a wholesome and appetizing bean soup, as prepared by my wife. Two cups of cooked pink beans, small bunch of celery, one small onion, two tomatoes or one cup of canned tomatoes, parsley, a quart of water. Boil until vegetables are soft, and rub through colander. Then add either two tablespoonfuls of peanut butter or half a cup of cream. Serve with croutons. Flavor to suit yourself.

From a strictly hygienic viewpoint, nothing should be taken with soup. It should be "eaten" by itself, like other liquid food. In any case, the less you eat with it, the better.

Brigadier-General Horatio A. Gibson, U. S. A., retired, 86, oldest living graduate of West Point, explains his long life as follows: "I have always tried to refrain from needless worry, have as many friends as possible, and as few enemies, and have been ordinarily careful in bathing and in the care of the body."

You will soon be unable to obtain some of the back numbers of BRAIN AND Brawn at any price. Better complete your sets now.

Catching and Cooking Them

JN Baltimore the political doctors are endeavoring to obtain an ordinance giving the Department of Health power to examine the person of any citizen to see if he or she be "properly vaccinated" or "successfully vaccinated." If the health officer so elect, under this proposed act he may compel any woman to expose her vaccination mark in the street or in any public place.

In Niagara Falls, New York, only those vaccinated and bearing a medical passport may enter a church.

New York department stores, hotels, and other establishments where large numbers of people congregate, must have all their employees vaccinated if they want the names of their concerns included in a "white list" to be issued by the Health Department about May 1. It should be called a "black list."

An order was recently issued by the Public Health Service of Washington State, requiring vaccination of all persons who left San Francisco to work in the Alaska canneries, this being stated to be necessary to protect the people of Alaska from the smallpox.

Gradually the political doctors of the drugging, serum-injecting, and carving school of medicine are spreading their nets. It is up to the people to say whether they will be caught—and cooked.

Hutchinson, the Humorist

FOllowing are statements made by Woods Hutchinson, in an address delivered in Denver, as reported in the Denver News and Times of April 5:

Fat people should eat as much as they like. Fatness is not a question of food, but of heredity.

The only value fasting has is that it is the short route to the other side of Jordan.

Coffee or tea is not harmful in moderation, say not more than three cups at one meal.

A seven course dinner is one of the noblest works of man.

Over-eating never causes disease.

Everyone, children especially, should eat between meals.

Give children plenty of butter and sugar at all times.

The human machine needs about three fourths of a pound of sugar a day for fuel.

Vegetarianism is exercising, not eating.

Chinese Eggs

JMMENSE quantities of Chinese eggs are being imported to the Pacific Coast, especially Los Angeles—nearly 50,000,000 since October—since the new tariff law went into effect. At the best, the hen, like the hog, is a scavenger—not by nature, but made so by man. The surroundings of the Chinese hen are such that I do not advise any of my readers to eat Chinese eggs. The cleanest eggs are not those from hens allowed to run promiscuously around the back yard, but from those raised on chicken farms where they are fed cleanly food.

Dr. Schultz's New College

DR. Carl Schultz has somewhat changed his plans in regard to his college. He has decided to build it on a lot 1555 West 17th Street, conveniently located near several car lines. It will be called the University of Liberal Physicians of California. With it will be connected a Naturopathic Institute. The College and Clinic will be on one floor and the private practice of Dr. Schultz and Dr. Greth on the next floor. Dr. Schultz has seen so much of the lamentable ignorance of doctors in regard to practical hygienic treatments that he has determined to see that graduates from this college are well endowed in this respect. Students will first serve six months as nurses, in order to see whether they are mentally, morally and physically fitted for the profession. The course will cover four years of ten months. In two years students can graduate as doctors of osteopathy, chiropractic and scientific massage. Then they can, if they please, study two years more and obtain diplomas as Doctors of Medicine. This course is four months longer than that of other medical colleges. There will be a post-graduate course of one year for students of the Naturopathic Institute. Students will be fully taught the effects of drugs. Doctors of Medicine of the allopathic and homeopathic schools will have chairs in the college, so that they will be able to discuss with members of the drug dispensing school on their own ground. There will also be a post-graduate course of three, six or twelve months for physicians.

It is expected that the college building will be ready by September 1. The first course on Natural Healing will open at Dr. Greth's, 748 W. 7th St., on May 13.

Baseball and Cricket

LAST month I referred to comments of Australian papers on baseball, as played by the two leading American teams, in which an Australian paper said that baseball is "rather suggestive of a large garden party." Here is what an English paper said of the big game played in London before King George:

"The game is sadly lacking in variety. Not a bad game to play, perhaps, but a little tiresome to watch, after cricket, particularly good club cricket."

Personally, I am not competent to judge as to the relative merits and attractions of cricket and baseball, because, while I played cricket at school in England, I have never, during my forty years' residence in America, seen a game of baseball—that is to say, except games played by "kids" on corner lots. This statement will, I have no doubt, be received with mingled astonishment and disgust by those who are more or less "bughouse" on the national game.

However, the main difference between baseball and cricket, is that in England men of all ages and social conditions play cricket, while in America they go to see baseball. In other words, one is a game, the other an amusement. It would be well if Americans would play baseball more, for it is a wholesome game.

A railroad engineer who gets a cinder in his eye says he never rubs it. He rubs the eye that has no cinder in it. This starts the tears to flow in both eyes and probably washes out the cinder.

A Society Wedding

INVITATIONS to a recent wedding in Los Angeles were issued to 1200 persons, scattered over the earth, from Southern California to Asia Minor, most of them apparently possessed of great wealth. It would, of course, have been easy to make the list 12,000 by going over and copying from county assessors' lists, and "Who's Who's," and the Almanac de Gotha. In order that due publicity should not be lacking a directory of the "honored guests" was prepared by the press agent of the performance—or rather ceremony. Says the Graphic:

"Mr. — had the list prepared in alphabetical form, typewritten, and bound into a form something like the manuscript of a play or a legal brief—the scenario of the wedding," one grateful society editor called it. Moreover, as many of the names were distinguished, the compiler of the list, to save inquiries and references to 'Who's Who,' had little notations opposite the names of the more important personages invited."

Thus we learned that among the honored (absentee) guests were the president of the "largest financial institution in Arizona," the president of a syndicate "representing several hundred million dollars," the "largest railroad contractor in the world," the president of "boards with aggregate capitalization of \$400,000,000," the "wealthiest man in Oregon," the "ex-president of a \$30,000,000 condensed milk company," a New York multi-millionaire and millionairess and a railway magnate of Turkey.

Phew! One can almost hear the "rogue counters" rattle.

The ordinary uninformed outsider might be inclined to characterize this peculiar performance as lacking in taste—not honestly "vulgar," you know, because "vulgar" merely means "common," and the common people don't do such things. However, Society often gives Philistia a chance to laugh, and thus serves a good purpose, for laughs are getting to be altogether too rare in this materialistic age.

Remarkable Dietetic Treatment

FOLLOWING remarkable dietetic treatment for chronic gastric ulcer is contributed to the Medical World by Dr. W. H. Rote, of Williamsport, Pa.:

"Sip a glass of cider (not too hard) $\frac{1}{2}$ hour before meals.

"Now take toast bread or crisp crackers and limburger cheese—chew to liquid before swallowing.

"Let this be your diet until you are well."

After this, who shall say that the "regulars" are not beginning to pay attention to the subject of diet, in the treatment of disease?

To Fight Commercialized Vice

THE National White Cross Rescue Society aims to promote social purity. Auxiliary societies are being organized throughout the country to fight commercialized prostitution. There is an office and book room in the Bryson Building, Los Angeles. The National White Cross magazine is published monthly. Doors of the White Cross homes throughout the country are open to all homeless girls, and destitute mothers with babies. No charges are made for room or board. The comforts of a peaceful, quiet, home are offered, alike to the Jew, Catholic and Protestant.

War With Mexico

WVER a year ago, when there was talk of an invasion of Mexico, I referred to my experience in Arizona, during the Geronimo outbreak of 28 years ago, when several regiments of United States troops were kept on the jump for over six months to capture a couple of hundred half starved Indians. I said that it would be easy to get into Mexico, but hard to get out. I have seen no reason to change that opinion.

Some uninformed or indifferent people talk as if the invasion of a country of 15,000,000, mostly Indians, by a nation of 100,000,000 would be a picnic. They remind me of the Parisians, who shouted "A Berlin" in 1870, some of them thinking that Berlin is on the Rhine. The experience of Great Britain with the Boers should teach us a lesson.

The conquest of Mexico involves a great outlay of blood and money. What matters that, however, so long as it yields rich pickings to American manufacturers, land owners and speculators?

A Tough Young Californian

AFTER being up to his neck in a mud flat at National City for fifty-four hours, Joe, the 2-year-old child of Antonio Lopez, was rescued. Although for two days residents of National City searched for him and many probably walked to within a few rods of where he was embedded in the mud, he was not found until a boy heard a cry and going to what appeared to be a stone covered with dry seaweed found the lad.

Although exposed to the hot rays of the sun and the cold breezes at night and without food or water the child survived the ordeal and the doctor states he will be all right in a few days. It was necessary to shave off his curls in order to get off the mud matted in them.—[San Diego Press dispatch.]

Factories, Farms and Food

THIS big country is not raising food enough for itself today. It is getting wheat from Canada and beef from Australia. A land that can easily support 800,000,000 people is not now supporting 100,000,000; and unless it bestirs itself serious consequences will follow, for the number of food-producing States is declining. This country is putting industrialism before agriculture, but there will come a day when it will feel the burden of its conduct.

Of course, we do not feel the discomfort of our partiality to industrialism, but we will one of these days, and then we will hurry to plant our waste places and adopt better methods of culture. But it is going to take almost a catastrophe to get the people away from the blandishments of the city back to the cornfields and potato patches, but they will have to come to it or this dear old country will have trouble and before many decades pass by.—[Ohio State Journal.]

It is safe to say that out of the world's diseases ninety per cent. are due to errors in diet. For remember that every time the stomach is disturbed with gas after eating, fermenting processes are at work, turning out the fatal death poisons into the system.—[Axel Emil Gibson, D.O.]

Private Armies of Capital

THE astounding testimony of two private detectives before the Congressional Committee investigating the Michigan copper miners' strike who confessed, according to press reports, that the agencies formerly employing them had given them instructions to "make business" by inciting riots among the strikers lends a touch of timeliness to the chapter of Robert Hunter's book, "Violence and the Labor Movement" (The Macmillan Company), which is devoted to an exposure of the nefariousness of certain private detective agencies.

His book tells of "a commerce that undertakes to supply to any moneyed individual, at a certain scale of prices, thugs, thieves, incendiaries, dynamiters, perjurors, jury-fixers, manufacturers of evidence, strike-breakers, and gunmen." One detective agency alone, we are informed, has constantly in its employ 5,000 men ready and competent to serve in any of the several capacities just mentioned, and the writer adds that there are hundreds of agencies in the United States, employing men by hundreds or thousands, who "are to the money kings of to-day what mercenaries were to the medieval dukes and princes." In time, the writer ventures to predict, the "gunmen of industry" may become as troublesome to the big corporations as the mercenaries of the Middle Ages eventually became to their titled employers. Nothing is clearer, he maintains, than the fact that these agencies "depend for their profits on the existence, the extension, and the promotion of criminal operations," and he wonders that the employers of labor in the United States should continue to put themselves "at the mercy of these outpourings of our penitentiaries."

William J. Burns says of the men of his profession: "As a class they are the biggest lot of blackmailing thieves that ever went unwhipped of justice."—[Collier's.]

Venereal Diseases

THE subject of venereal diseases is clouded in much unnecessary mystery, and heartless quacks benefit by it. As I said last month, when taken in time, before it has become complicated with mercury, or other deadly drugs, syphilis is a comparatively easy blood disease to cure, by the Natural Method.

This, and other interesting facts, are set forth in "Gonorrhœa and Syphilis," a most valuable book by J. H. Tilden, M.D. It may be ordered through the Naturopathic Publishing Company.

A Dismal Outlook

SAD NEWS. "I seen by the poipers"—at least some of them—that if this Democratic administration persists in persecuting and prosecuting poor defenseless corporations the country will soon share the fate of the Cities of the Plain. Gaunt visaged men will slink along the deserted streets of Los Angeles, and women, unable to suckle their children, will be forced to feed them on condensed milk, a starvation food, because it is lacking in the organic salts.

I must lay in a stock of beans and wholemeal flour while my credit at the grocer's is good.

Enough to Make a Horse Laugh

A YOUNG man died in Philadelphia twenty minutes after a doctor of the Board of Health had injected anti-toxin into his blood, to prevent him from catching diphtheria, from which his brother was suffering. According to a Philadelphia paper, his death was due to "horse asthma," an "extremely rare disease." Doubtless. Here is an extract from the paper referred to:

"It was explained to Coroner Knight that a person who has this disease finds it impossible even to ride behind a horse without sneezing almost continuously. A tickling sensation, mild and severe in turns, is felt in the throat. Away from a horse a victim feels the effect of the disease only occasionally and then slightly.

"It was the disease coming in contact with the anti-toxin, the latter being made from the serum taken from a horse, which produced the fatal result in Musselman's case, it was explained to the coroner. Fifteen minutes after it was injected, he smiled and remarked that he could "taste it." A minute or so after he made this remark he sneezed. Just before he collapsed he sneezed several times."

Now "what do you know about that?"

Good Friday

JN Catholic and Lutheran countries Good Friday is a holy day. In Protestant countries it is a holiday. There was a movement throughout the United States this year for the observance of Good Friday as a holy day. In San Francisco—not a pious city—the saloons, wholesale liquor houses, and breweries, were closed from 1 to 3 P. M.

Referring to this subject, a writer in the Sacramento Bee asks:

"But how about the Jews?

"They are our heaviest merchants. Many of them undoubtedly will close their stores on Good Friday out of deference to the religious feelings of their Christian customers—some probably because of fear of a silent but none the less effective boycott if they do not comply.

"But how would the Christians treat the Jews if the tables were turned?

"Suppose the Christian merchants of Sacramento were asked to show their respect for the old religion of Judea by closing their stores on Yom Kipper or Rosh Hoshanah?

"What would be the Christian answer to the Jewish plea?

"It would not be one-tenth as responsive, probably not one-half as gentlemanly, as the Jewish answer to the Christian appeal."

Only some of the smaller Jewish stores close on Jewish holy days.—[Ed.]

Not very long ago there appeared an editorial on women's sense of humor, or, rather the lack of it. That is one of the fables of the ages—any woman who is married must possess a sense of humor, or she couldn't live.—Gertrude Brennan in Los Angeles Tribune.

U. S. Army officers have been surprised at the endurance of the Mexican troops. Remember they are largely vegetarians—frijoles and tortillas—and not much of that, lately. They could never display such endurance on beef-steak twice a day.

Vox Populi

[Letters are invited from those who have something to say that is worth listening to. Write briefly. Brevity you know, is the soul of wit. You can say a lot in 200 words, if you try. Honest criticism is invited, but cut out the taffy. Of course, you will send the editor your address, "not for publication," etc. For answers to personal inquiries send a stamped directed envelope to the editor.]

FROM MY OLD STAMPING GROUND.

Dr. Bircher-Benner acknowledges, with great pleasure, the regular receipt of your monthly, which agrees so well with his own views on hygienic and medical questions—[M. von Albertin, Secretary to Dr. Bircher-Benner, Zurich, Switzerland.

Dr. Bircher-Benner is one of the leading European authorities on diet, and author of a number of interesting and valuable books on the subject.—[Ed.

FERTILIZING WITH ROCKS.

I was much impressed by your leading article last month on "Starvation Food," in which you show the evils of our present system of fertilizing with animal filth, instead of pulverized rock. If this leads not only to withdrawal of important mineral elements from food, but to the widely prevailing disease of plants and trees, then it certainly is, as you say "one of the most vital subjects affecting the human race." How is it that this most important subject has been so entirely ignored, especially by our Department of Agriculture, that is supposed to watch out for the interest of the people along this line? However, if, as you say, there is a combine of fertilizer manufacturers to prevent the use of this natural fertilizer, then, of course, "there's a reason." If this is true, it is a disgraceful fact, and should arouse the indignation of the people.—[John Martin, Long Beach.

HARD TO MAKE PEOPLE THINK.

I specially appreciated two important features of the April number—the nourishment of the soil by rocks, instead of rotten animal refuse, and the cremation, instead of burial, of human bodies.

I also wish to compliment you on the superior quality of mental merchandise purveyed through the pages of your magazine. On the completion of each number I hand it to a friend or acquaintance, where I think it will take root, though it's a sad commentary on the average intellect that comparatively few give heed to the sound advice set forth. It seems about as easy to encourage folks to a consistent use of their thinking apparatus as to ram a pumpkin down a flea's throat.—[S. A. Killoran, Kalamazoo, Mich.

A SATISFIED CONSULTANT.

It is now about a month since I commenced following the directions you sent me, and I am pleased to write you that the improvement has been quite gratifying. I don't know that I have followed, to the letter, your directions. However, I think, on the whole, I have kept pretty close. The three days' fast, and the "fruit fast" turned out fine. At the beginning I got the first full night's sleep I had enjoyed for a long time, and I have not had so much gas, which was, as you suggested, my main trouble at night.—[C. A. Wiley, 482 Herkimer St., Pasadena.

LIKES THE GINGER.

We are interested to some extent in your journal as an advertising medium. We like your candor in not claiming a very large circulation. It could not be very large in so brief a time as eighteen months. The main thing is your "ginger" and growth. You seem to have plenty of the former.—[Sanitos Fundoshi Co., 45 Taylor Arcade, Cleveland, O.]

SAVED MONEY BY SUBSCRIBING.

I am indebted to BRAIN AND Brawn not only for the excellent health advice it gives, but also for saving me from financial loss. During the first eighteen months of publication you had several editorials warning your readers against the exaggerated and misleading promises held out by building associations. A year ago I was about to invest my modest savings in one of these associations, when my wife called my attention to one of these editorials. I thought it over, and used my money elsewhere. Hence, I need not say that I do, and always shall, entertain a kind and grateful feeling to BRAIN AND Brawn, and shall do all I can to recommend it to my friends.—[Jerome Atkins, Santa Ana, Cal.]

A WISE OLD WOMAN.

I received a copy of BRAIN AND Brawn, and am well pleased with it. I enclose money order for a dollar. Although over eighty years old, its suggestions may help me and, after I have read it I will see that others do the same. So many people get in a rut. They can't, or won't crank over, both as regards medicine and religion. They can't see that Nature is supreme. I used to believe woman suffered in childbirth on account of Eve's transgression, but I have learned different.—[Mrs. M. A. Reynolds, Hazelton, Barber Co., Kansas.]

CAN'T GET ENOUGH.

I read the latest number of BRAIN AND Brawn, advertisements and all. Two or three times within the next hour I picked it up and hungrily looked it through—and smiled as it came to me that that is what I always do. I'm never satisfied. There's never enough.—[Mary Elizabeth Blue, Eleele, Kanai, T. H.]

Have You a Friend?

WHAT more appropriate and useful souvenir could you buy him, for a dollar, than a subscription to BRAIN AND Brawn? It will remind him of you every month, for a year, and it will do him good.

Or, perhaps, you are so fortunate as to have six friends. In that case you may present each with a year's subscription for five dollars. Send us the "dough" and we will do the rest.

BRAIN AND Brawn, Chamber of Commerce Building,
Los Angeles.

Answers to Correspondents

[Write briefly. Ask only one question at a time. Questions of merely personal interest are not answered here. Address such questions to the editor, with a stamped directed envelope for pamphlet.]

OILING THE BODY.

N. T. S.—Yes, I believe strongly in the efficacy of oiling the body as a valuable hygienic measure. Especially is it good for those who are thin, nervous, and suffer from depleted vitality. This practice has been altogether too much neglected in modern times. It was common among the ancients. We often read of it in the Bible. St. James advised the oiling of the sick. This has since degenerated into the Roman Catholic rite of “inunction,” where the priest dips his finger in the oil and makes a sign of the cross on the forehead of the dying person. The body should always be oiled after a warm bath, and often at other times before retiring. Various oils are used. I have found St. James’ Oil by far the best oil I know of, for the purpose. I use it myself, and so do the members of my family.

VINEGAR.

R. J. L.—No one who regards his health should ever use vinegar. The “best wine vinegar”—which is scarce—is a double rotted liquid. First the wine is fermented and then the vinegar is again fermented from the wine. Much of the vinegar on the market is made from any old kind of rotten refuse. A look through a microscope would discourage many from using vinegar. Substitute lemon juice, mixed with two or three parts of water, for citric acid is also very strong, and should never be used undiluted. Strong acids are very bad to use at the same time as starch foods.

CONSUMPTION.

William K.—Yes indeed, consumption can be cured by the Nature Cure, even in advanced stages—although of course the decayed lungs cannot be replaced. The open air treatment which you are taking is all right, but it will do comparatively little good if the diet is wrong—if you continue to stuff. Consumption originates in the stomach. All consumptives have a weak digestion. How, then, can they expect to get well on a diet that would make a wood-chopper bilious—milk and eggs half a dozen times a day? The consumptive should take short fasts, with a carefully restricted dietary, increasing the amount of food very, very slowly, as he is able to digest it. Every ounce more than can be digested is poison. Exercise should also be gradually increased, as the strength grows. One of the most important things for a consumptive is to see that he gets plenty of the organic salts in his food.

Joseph Lebenstein, M.D., is continuing the work of the late Dr. E. B. Foote in the same way that it has been conducted for over forty years. Dr. Foote’s great book “Home Cyclopaedia of Medical, Social and Sexual Science,” may be ordered through the Naturopathic Publishing Company.

Hunger is the best sauce, and those who will not wait for hunger to come, but must anticipate it by the use of stimulants, need not be surprised at discomfort, disease, and early death.—[J. H. Tilden, M.D.]

Dietetic Advice by Mail



AS editor for thirteen years of the Care of the Body department of the Los Angeles Times, and since then as editor of BRAIN AND BRAWN, it has been my privilege to give dietetic and other advice by mail to hundreds of persons, and to point out to them the way back to health. Many of them had been given up by their physicians as hopeless cases.

Osteopathy, chiropractic and hydropathy are valuable, and sometimes indispensable means of aiding nature. Any

honest practitioner of these schools will, however, tell you that a permanent cure of chronic disease is impossible unless attention is also paid to diet—to the food, of what the body is built—to the effect of food on health. "As a man eateth so is he."

Dietetics is my specialty. The subject of food and food values has been my study in Europe and America for fifty years.

This subject is of interest, not only to those who are sick, but to the army of people who lack vim and vigor. By following my advice you may increase your efficiency and lengthen your days.

I also include advice regarding breathing, exercise, bathing, care of the bowels, etc.

Among chronic ailments that yield readily to this method are Constipation, Dyspepsia, Asthma, Rheumatism, Consumption (in earlier stages), Nervous Prostration, Liver and Kidney diseases.

I perform no miracles. Nature alone cures. All I do is to point out the way.

A stamped directed envelope brings you a copy of my pamphlet giving particulars and terms in regard to my three months' course of dietetic home treatment. Mail Address, P. O. Box 612, Los Angeles, California.

Harry Ellington Brook n.d.

The Printed Page

[Address books for review to Harry Ellington Brook, 2129 Elsinore Avenue, Los Angeles.]

FLETCHERISM: WHAT IT IS, or How I Became Young at Sixty; Horace Fletcher, A.M.; order through Naturopathic Publishing Co.; 224 pp.; price \$1.30 by mail.

This is Fletcher's latest book. It is intended to be a compact statement of the gospel of Fletcherism. The author explains that Fletcherism does not merely mean protracted chewing, as some suppose, a practice which has been denounced as injurious. He describes what he calls "head digestion," and gives the following as the fundamentals of Fletcherism:

(1) Wait for a true, earned appetite. (2) Select from the food available that which appeals most to appetite, and in the order called for by appetite. (3) Get all the good taste there is in food out of it in the mouth, and swallow only when it practically "swallows itself."

The author claims that if these rules are followed, there is a silent monitor in the throat that makes it difficult to swallow more than the body needs. If one persists, it gives one a "choky" feeling. This monitor is suppressed by habit of rapid eating acquired in infancy or youth.

In this manner the author reduced his diet almost to the basis of Cornaro. At the same time the waste from the body is greatly decreased, so that he claims that it is only necessary to evacuate the bowels once every five to eight days. I doubt the advisability of this. Under all conditions I think there should be a bowel motion at least once a day.

The author's wonderful display of endurance at the age of sixty in contest with trained athletes of Yale, is a matter of history. This he ascribes entirely to his manner of eating.

To Advertisers Who Think

WISE advertisers recognize the value of quality as well as quantity. A very large purchaser of advertising space was recently quoted in Harper's Weekly as saying: "Mere circulation without a definite value, although usually advanced as a chief argument, means nothing. Magazines deservedly held in highest regard produce most sure and profitable results."

I would not recommend you to advertise drugs or hog products here, but if you have a good thing that appeals to our class of thrifty people who think, an advertisement will yield profit if you give it a fair trial—say for not less than three months. Readers go through this magazine every month "from kiver to kiver."

Our advertisements are carefully censored. Readers know we accept nothing "off color." This makes space more valuable. Any intelligent man is willing to pay more for a residence lot with restrictions, than for one where he may have a laundry on one side and a sawmill on the other.

If you wish, I will write your advertisement, without extra charge. Some of my friends are kind enough to say that I am no "slouch" of a writer. And I have had thirty-seven years' experience in California, so I know my people.

Our address is 508 Chamber of Commerce Building, Los Angeles. Telephone (Sunset) Main 5364.

HARRY ELLINGTON BROOK.

(Authorized Announcement)

Los Angeles College of Osteopathy

There is an old story, probably apocryphal, that Bob Ingersoll was once cynically asked if he could have improved the body had he been the maker of man. He is said to have replied that, in any event, he would have arranged it for man to shed some other parts of his anatomy rather than his teeth and hair, in his old age, for he continued to need them to the end. It has also been suggested that if a man could come into the world with EXPERIENCE, instead of having it when he goes out, he would avoid many mistakes.

A great many young people are not awakened to the importance of the study of the human body until it is too late, and then, there is nothing in the world of serious importance but the human body. Some people have sneered at Osteopathic college students because among them there are a good many students of from 25 to 35 years of age. But instead of being the subject of criticism, this is really a genuine compliment and endorsement, for it stands the test of maturity and experience.

A great many people want to know just what Osteopathy is, so we cannot too frequently tell the public that Osteopathy is a complete system of medical treatment of all diseases of human kind, not a cure-all, for there will never be such a system, but it educates its graduates to use the best means, whatever they may be, for the given case, and the experience of its professors and graduates in selecting the best treatment, leads them very largely away from so much indiscriminate drug or stomachic or internal medication, and it leads them toward the strengthening of nature's own forces within the body, to restore equilibrium and tone and nerve force and health. It believes the old school medical education has become warped into a position in which it thinks of little else than chemistry, chemical changes, drugs and medicines in connection with disease, whereas much disease is due to mal-adjustment, just as much trouble with all machinery is due to lack of perfect adjustment. Its graduates are body mechanics. They study as many hours of every subject as are studied by the graduates of the greatest medical colleges of the world, and master each subject so that they can pass competitive examinations with all, but they are educated away from so much internal drug medication and educated to make an exhaustive study of each body as a piece of machinery rendered infinitely more complicated than ordinary machinery by its capacity for vital processes.

Osteopathic physicians are not drugless healers, because a dictionary definition of a drug includes any substance that may be used to relieve suffering or sickness. Water and air are drugs if used for body-tonic purposes, but Osteopathic physicians are drug-minimizing physicians, who accentuate the necessity of exhaustive physical diagnosis and the restoration of normal physical conditions for recovery and health, by manipulation and adjustment.

The largest demand for Osteopathic literature and the largest promise for a beginning class in September is now manifest in the office of Los Angeles College of Osteopathy. Students will join it from Australia, England, Canada and almost every state of the Union.

How fortunate, then, is the man or woman who desires to become an Osteopathic physician, who is already located in Southern California.

Illustrated souvenir and literature is mailed promptly on receipt of a postal card request.

LOS ANGELES COLLEGE OF OSTEOPATHY,

DR. A. B. SHAW, Secretary.

321 South Hill St.

Drugless Healers

[Brief items of interest for this department, such as changes of address, firms, etc., are solicited. They should be received by the fifteenth of the month. Address letters to the editor.]

The attempt to unite all drugless healers is a beautiful dream. As I have heretofore said, the various schools of drugless healing hate each other more than any of them hate the "regulars," just as the various Protestant sects like each other less than they like the Catholics. Drugless healers occasionally come together, when they are in trouble, but as soon as one school obtains recognition, it begins to look down upon and perhaps to persecute the others. All of which is another proof of the selfishness of human nature.

The stool-pigeons, emissaries, sleuths, and other doubtful characters in the employ of the Medical Trust who go around and work up fake cases to be tried in court, are the real criminals, in every case they ought to be convicted and fined; in fact, they ought to get a public whipping on the whipping post. They are but the servants of this trust, and of this political machine, under which we have suffered for so many years and the Legislature is to be blamed for these existing conditions. No Legislature or Governor ever had the moral right to sanction a law that is contrary to the Constitution of the United States and contrary to the Constitution of the State.—Naturopath.

The Citizens' Medical Rights Alliance, of California, has been organized, with offices in the Homer Laughlin Building, Los Angeles. The president is Dr. Lewis P. Crutcher; Dr. O. C. Welbourn is vice-president and Florence W. Saunders is secretary and treasurer. The Alliance is a movement of wider scope than the National League for Medical Freedom. Its work is to be constructive and remedial, instead of wholly defensive and offensive, as is that of the League. However, the defensive features will not by any means be neglected.

An attempt to get through the New York Legislature a bill licensing Naturopathy was a failure, although it almost succeeded. It passed the Senate by a large majority, but at the last reading in the Assembly was defeated

by six votes that were pulled away by the Medical Trust, which is said to have expended \$8,000 in a fight against the bill. It is hoped now that the bill will pass at the next session—perhaps at the extra session in June.

Dr. J. H. Tilden, of Denver, now has a "Health Home." It is not a hospital or a sanatorium, but a place where people can get well and learn to keep well. Dr. Tilden says: "It is our endeavor to keep away all appearances of the sick habit, and refrain in every way from teaching people to talk the language of disease." The home is divided into apartments, consisting each of one large room, wall bed, bath room, and kitchenette.

The New York Legislature licensed Christian Science, after a fight of several years. A strong effort was made by the regulars to get the Governor to veto the bill.

Dr. Harry D. Reynard, of Oakland, has changed his address to the Plaza Building.

Dr. W. Herbert Trescott gives all-round rational drugless treatment at his office on South Hill Street, including the Kneipp herbs, and other remedies. He has a lady attendant.

WHAT HE HAD.

First Doctor: "I understand you operated on Jones last week."

Second Doctor: "Yes."

"What did you operate for?"

"Oh! for \$100."

"Yes, but what did he have?"

"That was all he had."

—Exchange.

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BRAIN AND Brawn, published monthly at Los Angeles, Cal.

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CLARA BROOK, Business Manager.

Signed and sworn to before me, April 8, 1914. J. C. Oliver, Notary Public, Chamber of Commerce Building, Los Angeles. Commission expires March 8, 1917.

MUSIC AND MENU.

The various dishes in the Hungarian restaurant were numbered for the convenience of the waitresses and the benefit of the patrons. A young couple entered. The orchestra struck up the "William Tell" overture. Turning to her escort, the young woman said: "That's familiar—what is it?" The man glanced up at the orchestra and saw the number three displayed. Then with the air of one who is accustomed to cafe life, he looked up No. 3 on the bill of fare. "That," he replied, when he had located it, "is 'Filet Mignon,' by Champignons."—The Argonaut.

SPLITTING FEES.

Algy's Mother: I suppose yer gettin' a good fee, sir, fer attendin' to the rich Smith boy?

Doctor: Well, yes, I get a pretty good fee, but why are you asking?

Algy's Mother: Well, I 'ope yer won't forget that my little Algy threw the brick that 'it 'im!—London Opinion.

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ADVERTISING.

In his autobiography, running in McClure's Magazine, S. S. McClure tells how Col. A. A. Pope, of bicycle fame, had a maxim running thusly: "Some advertising is better than others, but all advertising is good."

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